

L. 26. 103.  
THE  
REGIMENT

of Lyfe, <sup>Sign. 8. 56. 70</sup>

Wherunto is added  
a treatise of the pestilence,  
with the booke of speciall re-  
medies (experimented) for  
all diseases, griefes, im-  
pediments, and de-  
fects often hap-  
pening in  
young children, newly  
corrected & en-  
larged  
by

THOMAS FAIER

An. 1567.



182399



# The p̄face to the booke of Children.



Although (as I doubt  
not) euery good man  
wyll enterprete thys  
woorke to none other  
ende, but to bee for the  
comfort of them that  
are diseased, and will esteeme no lesse of  
me by whom they profite, than they  
will bee glad to receiue the benefites.  
Yet forasmuche as it is impossible to a-  
void the teethe of malicious enuy, I  
thought it not vnecessary to preuent the  
scories of some, which are euer gnawing  
bitting vpon the that further any godly  
sciences. To those I protest, that in al my  
studies I neuer intēded nor yet do intēd  
to satisfie the mindes of any such pike-



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## A preface

faures (which will doo nothing but detract & iudge other, snuffing at al that offe-  
deth the noses of their momish affectiōs  
howe soeuer laudable it be otherwaies.)  
But my purpos is here to do them good  
that haue moste nede, that is to saie,  
children: & to shewe the remedies that  
God hath created for the vse of man, to  
distribute in englishe to them that are  
vnlearned, part of the treasure that is in  
other languages, to prouoke them that  
are of better learninge, to vtter theire  
knowlege in such like attemptes finally  
to declare that to the vse of many, which  
ought not to be secret for lucre of a few:  
and to communicate the fruite of any la-  
bours, to them that will gently & thank-  
fully receiue them, which if any be so  
proude or supercilious, that they imme-  
diatly

to the Reader.

wholy will despise, I shall frendly desire  
them, with the wordes of Horace :  
*Quod si meliora nouisti, Candidus impar-*  
*is. Non, bis uere mecum,* If they know  
better, lette vs haue patre : if they doe  
not, why repine they at me ? why con-  
demne they the thing that they can not  
amend ? or if they can, why dissimule they  
their cūning ? how long wold they haue  
the people ignorant ? why grutche they  
physicke to come forth in Englishe ?  
would they haue no man to know but  
onely they ? Or what make they them-  
selves ? Marchātes of our liues & deathes,  
that wee shuld bie our health onely of  
them, and at their prices, no good phi-  
sician is of that minde. For yf Galene  
the prince of this arte beinge a Grecian  
wrote in the Greeke, kinge Anicene of  
Arabie

## A preface

Arabic in the speache of the Arabians: If Plinius Celsus, Serenus, and other of the Latines wrote to the people in the Latine tongue: Marsilius Ficinus (who all men assent to bee singularly learned) disdained not to write in the language of Italy: generally if the entent of all that euer set forth any noble study, haue been to bee read, of as many as wold. What reason is it, that we shulde huther murther here amonge a fewe, the thing that was made to be common vnto all? Christ saith: No man lighteth a candell to couer it with a bushell, but setteth it so serue euery mans nede: And these go about, not onely to couer it when it is lighted, but to quenche it afore it bee kindled (if they might by malice) which as it is a detestable thinge in any godly science:

to the Reader.

Science: so me thinketh in thys so necessary an arte, it is exceding damnable & diabolike, to debarre the fruition of so inestimable benefites, which our heauenly father hath prepared for our comfort & innumerable vſes, wherwith he hath armed our impotent nature againſte the assaults of ſo many ſickneſſes: wherby his infinite mercy & abundant goodnes is in nothing els more apparantly coſſed, by the which benefites, as it were with moſte ſenſible argumēts, ſpoke out of heauē, he coſtraineth vs to think vpo our own weakenes, and to knowledg, that in all fleſhe nothinge but miſery, ſicknes, ſorowes, paine, affliction, & death no not ſo muche ſtrength as by our own power, to relieue one membre of our bodies diſeaſed. As for the knowledge of

### A p̄face

medicines, comfort of herbes, maintenance of health, prosperitie & life, they be his benefits, & procede of him, to the end that we shuld in cōmon helpe one an other, & so liue together in his lawes & commaundements: in the which doing we shall declare oure selues to haue worthely emploied them, & as fruitfull seruantes, be liberally rewarded. Otherwise vndoubtedly the talente which we haue hidden shalbe digged vp, & distributed to them that shall bee more diligent: a terrible confusion afore so hie a iustice, and at suche a courte, where no wager of lawe shall be taken, no procourer limited to defende the cause, none exception allowed to reprove the witnesses, no counsell admitted to qualifie the gloses, the very bare texte shall bee there alleged



to the Reader

alleged. *Cur non posuisti talentum in seauis?*  
why hast thou not bestowed my talent  
to the vantage. These and suche other  
examples, haue enforced me being often  
times exercised in the study of phisike,  
to detiue out of the purest fountaines of  
the same facultie, suche holsome reme-  
dies as are most approued; to the conso-  
lation of them that are afflicted, as farre  
as God hath geuen me vnderstanding to  
perceiue: folowing therein not onely the  
famous & excellent authours of antiqui-  
tie, but also the men of highe learninge  
now of oure daies, as Manardus, Fuch-  
sius, Ruelius, Musa Campegius, Sebastia-  
on, of Austrik, Otho Brunfelsius, Leone-  
lus &c. with diuers other for mine opor-  
tunitie, not mitting also the good & sure  
experimentes that are found profitable  
by the

## A preface

by the daily practise. And wher as in the regiment of life, which I translated out of the frenche tongue, it hath appeared to some, more curious than needeth, by reason of the straunge ingredience, wherof it often treateth: Ye shall know that I haue in many places amplified the same, with suche common thinges as may bee easily gotten, to satisfie the mindes, of them that were offended: or els considering that there is no money so precious as helth, I would thinke no spice to dere, for maintenance thereof. Notwithstanding I hope to see the time when the nature of Simples (whiche haue been hitherto incredibly corrupted) shall bee reade in Englishe, as in other languages: that is to saie, the perfect declaratiō of the qualities of herbes,  
sedes:

to the Reader.

sedes, rootes, trees, & of all commodi-  
ties that are here amongst vs, shal be ear-  
nestlie and truely declared, in our owne  
native speche, by the grace of God.

To the which I truste all learned men  
(having a zeale to the common wealth)  
wyll apply theyr diligent industries:  
surely for my part, I shall neuer cease,  
during my breath, to bestowe my la-  
bour to the furtheraunce of it (till it  
come to passe) euen to the vttermoost  
of my simple power. Thus

fare ye well gentill  
readers.



6-11-57-21-1

[illegible]

1950

There beginneth the  
Regiment of life, and  
first of the nature  
of mans body.

The humours which bee in nature,  
And how they are deuised

**T**he body of man is  
compacted of foure hu-  
mours, that is to saie,  
bloud Fleume, Cho-  
ler, and Melancoly,  
which humours are called y<sup>e</sup> son-  
es of the Elementes because they be  
complexioned like the foure Ele-  
ments. For like as the ayre is hot  
and moyst; so is the bloud hote  
and moyste. And as fyre is hote &  
dry; so is cholere hote and dry.  
And

### The Regiment

And as water is colde and moyſt:  
ſo is fleume colde and moyſt. And  
as the earth is colde & drye: ſo me-  
lancoly is cold and drye. Wherby  
it appeareth, that there bee nine  
complexions. wherof. iiii. be ſim-  
ple, & is to wete hote, colde, moiſt,  
and drye, & iiii. complexions com-  
pounde: that is, hote and moyſt,  
which is the complexion of & aire  
and of bloud hote and drye, which  
is the complexion of the fier, & of  
choler. Colde and moyſt, which is  
the complexion of the water and  
of fleume and colde and drye, that  
is the complexion of earth and of  
melancoly. The ninth complexion  
is temperate, nether to hote nor to  
colde, nor to moyſt nor to drye,  
which is yet a thing very ſeldome  
ſcene

of Lyle.

scene among men after the phisick  
one, the sayde four humours go-  
uerne and rule euery one in hys  
place, & enduce men to be of the  
complexions folowing.

The complexions of the

*Fleumatike.*

**F**leume enclineth a man to be,  
Well fourmed. A sleper. Dul  
of vnderstanding. Full of spat-  
tel. Full of colour.

The complexions of the

*Sanguine.*

**B**lood causeth one to be. Full  
of flesh. Liberall. Amiable.  
Curteis. Very. Inuentiue.  
Holde. Lecherous. Of redde co-  
loure.

The complexions of the

*Cholerike.*

**Choler**

### The Reg'ment

**C**holer causeth a man to be  
Hastie. Enuious. Conu-  
tous. Subtil. Cruell. A  
watcher. Prodigal. Leane  
and of yelow coloure.

*The complexions of the Melancholike.*

**M**elācoly maketh one Soli-  
tarie. Hoste spirited. Feare  
full. Heauy. Curious. Enuious.  
Conuious. Blacke of coloure.

These bee the foure humours  
wherof the bodyes are compoun-  
ded, and euery one of them hath  
a special dominion in respect of al  
the other, accoꝝdinge to the age,  
that is to say, from a mans natiui-  
tie, tyl he come to xxx. yeares; the  
blond hath moste power, & from  
that tyme to y pere of his age. 35.  
regneth the choler, foꝝ thē com-  
meth



heat into y<sup>e</sup> vaines, & y<sup>e</sup> ho-  
 der becometh to arise & bee strong.  
 When cometh middle age, & y<sup>e</sup> hum-  
 ours foorth melacholy, an humour  
 calde & dry, & hath yrs incuranc  
 til fifty yeares, or thereabout, at  
 which time al y<sup>e</sup> humours becom  
 to diminish and the natural heate  
 by lytle & lytle doeth abate. And  
 the succedeth olde age vnto death  
 in the which age phlegme hath the  
 principall power and dominion.  
 Therefore it shalbe necessary for  
 all that be of that age to comfort  
 their bodies with some naturall  
 heates & meates of good nourish-  
 ment, as yolkes of eages, potched,  
 good & yong flesh, wheate bread,  
 & good wyne, and al such thinges  
 as ingender a good blood and  
 spirits

**The Regiment**  
spirits, wherof we entende (by the  
sufferance of God) to declare the  
moze abundantly hereafter.

**Here** foloweth the discription of in-  
warde and outwarde diseases, with the most  
holsome and expert remedies for the  
cure therof, appropriate to euery  
member through out the  
bodye.

The first chapter of the sickness  
and remedies of the hedde.

**H**edde ache chaunceth often  
times of diuers and sundry  
causes, as of bloude, choler,  
fleume, or melancholy, or of ven-  
tositie, and sometimes of heate of  
the sunne, or of to great colde of  
the ayre.

Ye may knowe hed ache when  
it com,

of Lpfe.

It commeth of bloude, for in the  
face and eyes there appeareth a  
marke rednes, pricking, and hea-  
vines with heate.

Remedy.

We must let him bloude on the  
hede beine, on that syde that the  
peine is on, then lay vpon the place  
oyle of roses, Vineger, & rose wa-  
ter, or a bagge with roses sprink-  
led with rose water. And here is  
to bee noted, as well in this cause  
as al other, that if his belly bee  
hard & bounde, first ye must geue  
him an easie Glister, or els halfe  
an ounce of Cassia newly drawē  
out of y cane, or some other easie  
laxative to prouoke y duety of the  
wombe, els al applicatiōs of me-  
dicines, wil be nothig worth at al.

B. ii,

One

## The Regiment

One may know head ache that  
pcedeth of choler, when in the  
face there is a cleare rednes, enli-  
ning somewhat toward yelow, ho-  
lownes of the eies, and y<sup>e</sup> mouth  
dry & hote: and some times bitter-  
nesse, small rest, great heate with  
sharpe peyne, chieflie on the right  
syde of the head.

### ¶ Remedie.

Ye must geue him mozne and  
euen to drinke, sirupe of violetttes  
or pomegranades wyth a meane  
draught of Endyue water in a  
glasse, or of cūmyn water sodden  
& coled agayne. And in steade of  
these syrups ye may drinke wa-  
ter of endyue, succory, purslane, &  
Penuphar myngled together, or  
one of them by themselves, two or  
three

three daies at euening & morning  
 When geue a dramme of Pillule  
 que quibus, at night to bedward,  
 or about mydnight, and the daye  
 following kepe you in your cham-  
 ber. In stede of those pylls, it is  
 good euerie morning to take an  
 houre afore sunne, a medicine to  
 drynke, that shalbe made of halfe  
 an ounce of Succo rosarum, mixt  
 with two ounces of water of en-  
 due. In stede of y<sup>e</sup> said Succo ro-  
 saru, ye may take halfe an ounce  
 of Diaprunis lacatine, & ye must  
 take hede in geuing such purgati-  
 ons, y<sup>e</sup> the pacient be strong, so: if  
 he be weak, ye may geue him but  
 y<sup>e</sup> halfe of y<sup>e</sup> sayed pylls or of the  
 other lacatines. And if in demin-  
 yshing y<sup>e</sup> quantite of y<sup>e</sup> said medici-

B. iii.

nes:

### The Regiment

nes, it woꝛketh not with the paye-  
ente as it should, it is conuenient  
to giue him a common glister.

¶ An other remedy for the  
same payne.

¶ We must laye thereon a linnen  
cloth moysted in rose water, plan-  
tayne water, mozell water, & vin-  
eger, oz els take ʒ iuyce of lettice  
and roses, & a little vineger, and  
warme it together, & dyppe ther-  
in a lynnē cloth, & lay it to ʒ pain.

¶ An other.

¶ We must take the whites of .ii.  
egges wꝛth rose water, & beate it  
well together, and with towne oz  
flaxe, lay it to the greued place.

Also we muste haue his head, and  
milke thereon womans mylke, ʒ  
nourishe a wenche, oz washe  
hys

his head with warmwater, tober  
in haue beene sodde vine leaues,  
sage, floures of watter lilies & ro-  
ses. Also it is necessarie to washe  
his feete and legges with the said  
water, so that the pacient haue no  
reume: so if there be reumatike  
matters, ye ought nether to shauē  
his head, wash hys legges, nor to  
lay any cold thing or moist to his  
head. We may knowe that fleume  
is cause of the paine in the head,  
when ye feele coldnes with greate  
heuinesse: specially in the hinder  
parte: when one spitteth often, &  
hath his face like sunne bzent.

¶ Remedy.

We must drinke. iiii. or iiij. mo:  
unges sirupe of scicados in water  
of fenel, or sirupe of woyme wood.  
℞ iiii.      with

### The Regiment

With a decoction of sage & maioran.  
Then ye must purge the head fro  
the sayed fleume, wyth pillule co-  
chie; and with pilles of agariel,  
or pillule adree made with one of  
the sayed scrupes. five in a dyme,  
and take iiii. or v. at night to bed-  
wardes or about midnight. Or in  
steede of those pilles ye may take a  
potion in the morning v. houres a-  
fore meate, made of halfe an ounce  
of diacartamy dissolved in ii. or iii.  
ounces of betonie. After that ye  
oughte to comforte the heade, by  
wearinge of a coife, made of dou-  
ble linnen clothe, and sowed like  
a cotten quilt, wherin ye must put  
floures of Camomill, maioran,  
cloues, nutmigs, maces, graynes  
of Paradise and sinamome in pou-  
der



der, for suche thinges digesse the  
fleume, so that a purgation be ge  
nerall of the said pilles, or of pilles  
of garet h, or pilles of hierapi  
er, which are not so laxative, as  
the other are.

After y<sup>e</sup> said purgation, ye must  
put in the nose of the pacient, pou  
der of pellito<sup>ry</sup> of Spain or other  
to make him to nose. Also it is  
good to gargarise his mouth, with  
water wherein sage hath bene sod  
den and then to annoint hys head  
with oyle of lilies, camomill, or  
of rewe.

Beside this, it is good to gene  
re the pacient euerye morninge to  
drinke, sage wine with water, to  
consume the fleume, & to confort y<sup>e</sup>  
haine and the sinewes. The said  
wine

## The Regiment

wine is thus made.

Put a little bagge full of good sage bruised, in a quart of newe wine, and let it stande so a night, then wyng it out, and vse it. Such wine of sage y<sup>e</sup> inhabiteurs of Pa- rise and France, vse to drinke af- ter haruest all the winter longe.

When peine of y<sup>e</sup> head procedeth of melancolie, the pacient feeleth heuines of the head, & hath terri- ble dreames, with great care and thought o<sup>r</sup> feare, and his peine is specially vpon the left side.

¶ Remedy.

Take sirupe of bozage, hartes tonge, o<sup>r</sup> fumitory, with water of buglosse, & hartes tōgue, o<sup>r</sup> with the decoction of sage o<sup>r</sup> tyme, so<sup>r</sup> by these sirupes ye shal digest and correct

of Lyfe.

correct the saied melancolike humours, and within a while the payne will bee released. And if it ceasse not for these medecines, after ye haue vsed. ii. or thre dayes one of the saide sirups, or. ii. or. iii. of them together, take a dramme of pilles halfe aurea and halfe sine quibus: or els halfe of hiera and halfe of pilles of sumitorie: or in steede of pylles, ye may take in the morning fve houres afoze meat. iii. drammes & an halfe of diasene, tempered in water of bozage or hoppes, or in the decoction of sage, schozpe, great reysins, and cordial floures and frutes. Head ache commeth of wynde or ventositie, when the pacient thinketh that he heareth sounde or noyse in his head,

### The Regiment

o2 noyse in hys heade, & the peyne  
is sitteryng from one place to an  
other, without heauines o2 disce-  
ding humours.

#### Remedy.

Laye vnto his head hote linnen  
clothes, & make a bagge of gro-  
mel sedes and bay salte dꝛyed to-  
gether in a pan: so proceede wyth  
stronger thinges if nede require,  
as in bagges made of Maiozam,  
rosemary, Rewe, barberies, & in-  
niper beryes layed to the payned  
place: o2 with the decoction of the  
foresayd thinges, make fomenta-  
cion o2 embrocation vppon hys  
head.

#### ¶ An other Remedy.

ye must take oyle of Camomil  
oyle of Dyll o2 lylpes, & annoynt  
the

of Lyfe.

the head with one of them, or with  
two or thre or altogether. If that  
helpe not, take oyle of rue, spike,  
and of calloz, and annoynt it ther  
with: and adde thereto a litle pep  
per, & mustard seede, if ye would  
have it soze chafed or hotte. Also  
it is good to drawe vp by the nose  
water of Honye, the iuyce of Ma  
iozam, and of Fenell, are maty  
sed wyth a Puttingge and Lig  
hamit aloes.

As a great practitioner among  
physicians sayeth: that whoso  
ever oftentymes putteth into his  
nose the iuyce of Maiozam, shall  
never be dysleashed in the heade. I  
thinke he meaneth of the greates  
Maiozam.

If peine of y head come of heate  
of

### The Regiment

of the sunne, ye must applye to  
places diseased, as it is sayed in  
remedies of cholere.

But if the sayed payne procede  
of coldnesse of the ayre, then vse it  
as it is sayd afoze in the remedies  
of fleume.

¶ Here foloweth a regiment  
against all diseases of  
the head.

**T**he patient that is disea-  
sed in the head, whether  
it bee of bloud or of cho-  
ler, may not drinke wine  
nor eate much flesh, white meats  
nor thinges that geue any great  
nourishment. But must bee con-  
tented to drynke ptisan, barlye  
water: or iuleppe of roses, and to  
eate roasted apples, damaske pꝛunes  
al,

almond mylke, hulled barley, and  
pottage made w<sup>th</sup> lettuce, sozel,  
parselane, in broth of peason, or  
with a chicken or beale if the paci-  
ent bee feble.

When payne proceedeth of a cold  
humoure, the pacient oughte to  
drynke no wyne in thre of h<sup>e</sup> first  
dayes, but to drinke onely penny  
ale, or such smalle drynke, for al-  
though the wyne bee very com-  
fortable, as concerning naturall  
heate, yet it is contrary and hurt-  
full vnto the spirites anymall of  
the brayne and also of the sy-  
nerves.

And h<sup>e</sup> pacyēt ought what paine  
soeuer it bee of the heade, to for-  
beare all vaporous meates, as  
garlyke, onions, leekes, pease,  
beanes,

### The Regiment

Beanes, Puttes, Mylke, meates,  
Sprces, Mustarde, greate Colo-  
wortes, salte meates, and meates  
of yll digestion. Also he muste ab-  
steyne from sleepe of the day, and  
after Supper by the space of two  
houres.

Trouaile of the mynde is very  
contrary, because of the commo-  
tion that happeneth vnto the liue-  
ly spirites, whych are instruments  
of vnderstandyng, as Auicen that  
noble Philisician sayeth in the cha-  
piter De sode temporali. Nihil est adeo  
conueniens sode temporali, sicut tran-  
quillitas & dimissio totius quod commo-  
uet, sicut sunt fortes cogitationes, &c. ¶  
There is nothing that is so conue-  
nient for the megrimias tranqui-  
litie



Take and reſte and let all thinges  
 paſſe that moue the vertu animal,  
 as great muſings and all labour  
 of the ſpirytes. And chiefly one  
 night after dymner to keepe hym  
 from all thinges that trouble the  
 memozy, as ſtudyng, readyng,  
 wytyng, and other lyke.

And for the better vnderſtan-  
 ding of the ſicknes chauncyng in  
 the head, ye ſhal know, that ſome  
 tyme it chanceth becauſe of other  
 diſeaſed members as of the ſto-  
 make, or of the mother of the reu-  
 es, of the liuer, or of the ſplene  
 and not of any cauſe in the heade  
 it ſelf. Wherefore ye ought to cure  
 ſuch ſicknes by helping of y ſame  
 members, as it ſhal be ſhewed in  
 the chapters folowing.

C.i.

And

### The Regiment

And ye may know, that the head  
ache cometh of diseases of the sto-  
make whē the pacient hath great  
peyne at the stomake. Of the mo-  
ther, when the womā feleth great  
peyne in her belly.

Of the reynes, when there is a  
greate payne in the backe. Of  
the spleene, when he feleth payne  
and heaurnesse thereabout vnder  
the lefte side. Of the lyuer, when  
the payne is on the ryghte side, a-  
bout the liuer whych is beneath  
the ribbes.

¶ Remedies appropriat to the head  
of what cause soeuer the paine be.

**T**Ake an handfull of Betony,  
an handfull of camomile, & an  
handfull of veruaine leaues,  
piked, stampe them & seeth them  
in

## of Lyfe.

in blacke wortte, or in ale for lack  
of it, & in the later ende of the se-  
soning, put to it a litle comin bray-  
ed, the poudre of a harts horne, &  
the yolkes of .ii. egges & saffron a  
litle, stirre them wel about, & lay  
a plaister hot ouer all his forehead  
& temples. This is an excellent re-  
medy for y<sup>e</sup> megrime It shal perce  
the better if ye ad a litle vineger.

## ¶ An other.

Take a plaister of beane flour,  
linseed, and oyle of Camomyl,  
in lacke of it, Geese greace or  
duckes greace, and rub the place  
with aqua vite, and after lay the  
plaister hote vpon it.

## ¶ An other.

Take a spoonefull of muscard  
seede, and an other of bay berries,

C. ii.

make

### The Regiment.

make them in pouder, and stamp  
them w<sup>th</sup> an handefull of earth  
wozmes, splite and scraped from  
their earth, and a little oyle of ro-  
ses, o<sup>2</sup> of Camomile, o<sup>2</sup> Capons  
grece, and lay it on the grieve.

+ Also it is good to take the iuce  
of Juie leaues mirte with oile, &  
vineger, and to rubbe therewith  
your temples, & your noſethils.

1 Also the chestwozmes that are  
found betwene the barks of trees  
which wil tourne themſelues to-  
gether like a beade when they be  
touched, if they be taken and ſod-  
den in oyle, it maketh a ſingular  
oyntment fo<sup>2</sup> the megrime.

¶ The ſeconde chapter, how to  
cure diſeaſes chauncing  
in the face.

Fiſt



Firste, as touchinge a  
disease called *Gutta ro-  
sacea*, or Copper face  
in Englishe, it is an  
excessive rednesse a-  
bout the nose or other places of  
the face comminge of brente hu-  
mours, or of salte fleume, whych  
cannot be holpen, if it bee rooted  
and olde.

¶ Remedy for the same if  
*it be curable.*

Y<sup>e</sup> must geue him a purga-  
tion, as is saide in the peine  
of the head, comming of the  
choler, then dippe linnen clothes  
in Alum water, whych shall be  
made thus. Take a pounce of A-  
lumme glasse, the iuce of Purce-  
lane, of Plantine, and veriuce of  
C.iii. grape

### The Regiment

grape, or crabbes, of eche a pynte  
and a halfe, with the whites of. xx  
eggcs, & beate them well together  
with the said iuice, then mixe alto-  
gether, distil it in a comon stilly-  
tory, and keepe the water for the  
vse against all pynples, scurfes,  
wheales, chafinges & heates that  
chaunce in the skinne. The clothes  
wypte as is also sayed, muste bee  
layed to the rednes, & oftentimes  
runned wyth other freshe cloutes  
dipped in the same.

¶ An other remedy.

Take Lytarge of Syluer, and  
Bismittone, of eche lyke much, &  
seeth them in Rose water & vyn-  
eger, and then with a lynnè clout  
wette in the sayed vyneger, lay it  
to the soze.

Remedy

14  
of Lye.

¶ Remedy to pallify the coppered  
face that is incurable.

**M**ake a bath wyth the flours  
of Camomil, Violets, Ro-  
ses, and flower of water lil-  
les, then annoint the place wyth  
Vnguentum album, Camphora-  
rum, and mire that oyntmet with  
a litle yelowc Byrrystone, and  
quicksilver kylled wyth fastynge  
spittle, & annoint the place withal

¶ A water for the same.

A water called lac Virginis is  
very good and Rose water myrte  
wyth Sulphur, oyle of Tartare,  
oyle of wheate. Also these things  
are good for tetters, & other ru-  
grednes of the skinne. The said lac  
Virginis clarifieth y face, & drieth  
up moist pimples, & taketh away

C. iiii.

freckles

### The Regiment

frekles of the visage, and is thus made. Take. iii. ounces of litarge of silver fine poundzed, half a pint of good white vineger, mire them together and distill them by filtre oz through a little bagge, oz by a peece of cloth. Then take of the same water, and mingle it wpyth water of salte, made with. i. ounce of salt poundzed and half a pound of rayne water, oz well water, & mingle these waters together, & it will be white like milke, & wpyth this rub the corrupt place. Some ad a litle ceruse with the litarge, which is good for all rednesse of the face.

¶ Here foloweth a generall dier  
for all copperous faces.

Abstaine



**A**bstaine from al salt things  
spiced, fried meats, & roasted  
meats. Also from drinking  
of wine, for it is very euill. Also  
onions, mustarde, & garlike, are  
very nought. In stede of whych,  
we muste take Purslane, Sozell,  
Lettuce, Hoppes, and Borage,  
wyth Succory or Endiue, in po-  
tage, or other wyse. Also it is ne-  
cessary to be laratyue, and in sle-  
eping to lay your head hie.

¶ For rednes of the face that is  
not copperosed,

**T**ake a pinte of gotes mylke,  
the crumes of one whyte lose  
bote, the white of. vi. egges,  
Canisere two drammes, and the  
juice of. vi. Citrons: mire al these  
together with the saide milke, the  
take

### The Regiment

take all the thre kyndes of Plantine, and put them in the still vnder the sayd drugges, and after it an other bed of the same. iiii. sorts of plantine, and dystil them wyth an easy fyre as ye wold distil rose water, and kepe it in a glasse vessel. And after xv. dayes take a white linnen cloth, and dip in the said water, & lay it to the rednes.

¶ An other for the same.

Water of Lillies distilled wyth the bloud of an Ore, and a lyttle Camphere is very good.

¶ For chopped or scabby lippes.

Annoint them wyth binguentū album, camphozatum, and if ther be any corrupte bloud or matter, ye must wash the place wyth water of plantyne, wherin hath ben

sodde

15.  
of Lyle.

sodde a little alumme, afoze ye put  
the saied ointment.

¶ For the same,

¶ Unguentum de Tutia & oile of  
yolkes of egges be very good for  
it. Also it is good to wash y<sup>e</sup> place  
with Plantine water, and Barly  
water together.

¶ For cankers, vlcers, and

*noli me tangere.*

**F**o: as much as *Noli me tan-*  
*gere* chaunceth often in y<sup>e</sup> nose  
o: about the face, beginninge  
a lyttle harde and rounde ker-  
nell o: knobbe, and ful of payne,  
declyning toward a pale and lea-  
dy colour, ye may iudge that dis-  
ease very perilous, notwithstanding  
it is very good to annoynte it as  
herafter soloweth, & also to apply  
thereto

### The Regiment

thereto other remedies, as thus.

Take unguentum album two  
or thre ounces, the iuice of Plantaine  
and nightshade, of eche halfe  
an ounce, Tutie the weyghte of  
halfe a crowne, mingle them to-  
gether, and make an oyntment  
which is good for the same disease

¶ For wormes in the face.

**A**lthough that wormes in the  
face may not be had out, but  
with great difficultie: and by  
long proces, because of the colde  
humour wherof they come, neuer-  
theles, soasmuch as oftentimes  
they happen vnto poore folkes,  
here shalbe recyted a receipt pro-  
ued for the same disease, which is  
an ointment of a singuler opera-  
tion: and is thus made.

Take

of Lye.

Take the leaues and rootes of  
leekes, iuice them altogether, and  
take therof a pinte and a halfe, &  
put it in a glasse with an ounce of  
pouder of pellitory, and a scruple  
of verdegre, and stirre them al  
together, and every day bathe the  
saide wozmes and wheales, wyth  
cotten moisted in the saide iuice,  
& stirre it often in the glasse: this  
is good also for wozmis in any o-  
ther member, and brydnyng in the  
scknesse called in Fraunce, the  
kinges euill.

¶ A purgation which ye ought to  
take before the said bathing.

**T**ake halfe a dramme of good  
Turbithe, & a scruple of gin-  
ger, halfe an ounce of suger,  
and a little white wine mirt, alto-  
gether

### The Regiment

gether, and dꝛynke it in the moꝛ-  
ninge twice a weke warme, & re-  
nue it enery thye weekes.

¶ For an vlcered face through  
wormes.

Ye must first mundify the dead  
flesh wꝛth vnguentum Egiptia-  
cum, oꝛ the ponder called pꝛecipi-  
tatus, and foꝛ the perfect curacion  
ye must dꝛy it wel, wherfoꝛe it is  
good to washe yꝛ place oftē wꝛ A-  
lum water, and put therin lint, &  
if there be greate moylnes at the  
time of desicacion, ye must dippe  
the same linte in vnguentum apo-  
stolorum oꝛ cerascos, with a little  
of the oyntmente that soloweth,  
whych ye may safely apply from  
the beginninge to the ende of the  
cure, foꝛ it hath vertu to clense &  
incarnate

of Lye.

incarnate, w<sup>th</sup> gentle mundifi-  
cation and drying.

¶ A singuler ointment for

wormes that matter.

Take oyle of lilies, oyle of lime  
seede ana, ounces. iij. oyle of  
Roses, oyle of Mirtilles ana,  
ounces. ii. Litarge of golde & syl-  
uer, and redde leade, ana. i. ounce  
Maquilon white with gummes,  
ounces; goates fallowe, hogs  
grece, of eche two ounces and an  
halfe, blacke pitch and colophony  
of eche two ounces, of the iuice of  
mandstonge. iiii. ounces. Seethe  
together tyll they be blacke,  
the iuice be clene consumed,  
strayne it through a thicke can-  
dle, and after seeth it agayne till  
it exceedynge blacke in colour,  
and

### **The Regiment**

and then adde to it cleere turpentine. iiii ounces, gumme opponar ii. ounces and an halfe, white waxe as much as shal suffice to make a playster not ouer harde, and put the turpentine & opponar in water ye take it from the fyre. This is an excellent plaister also both for woundes and blcers.

For the same.

It is very good to lay vpon the the herbe called houndstong stamped with a litle hony.

Regiment or diet for the  
*same sicknesse.*

The patiente in all diseases of the face muste endure hunger as much as is possible, and eate not much at once. Also he must holde his head vp right, and slepe not on



of Epist.

his knees, no2 elbowes, no2 with  
his face bowed downe. Also he  
muste so2beare much laughinge,  
speaking, and great anger.

¶ For the eyes.

Hereafter foloweth diuers me-  
dicines so2 the eyes, whych are  
the wyndowes of the minde, so2  
both ioy and anger, and the most  
of our affection, are seene and o-  
penly knowen thzough them, and  
they are ordeined & made to ligh-  
ten al the body, wherunto nature  
hath geuen bzowes and eye lids,  
to defende them and keepe them  
in safety, and the better to resiste  
things contrary and hurtful vnto  
them.

Yet notwithstandinge, besyde  
any other chaunces, there hap-

D.i.

peneth

### The Regiment

peneth, sometimes a debilitie in the sight, which must be holpē as here after foloweth.

Take fenell, verucine, celidone rue, eie bright and roses, of euery one of them a lyke much, & dystyll them as ye would distill rose water, and vse a litle thereof in your eyes, both in the morning, & when ye goe to bed.

¶ A water proued to clarifie  
*the dimmes of the sight.*

Take the iuyce of fenell, of celidonie, rue and eyebright, of eche two ounces, honie an ounce and an halfe, aloes, tutie, and sarcocolle, of eche halfe an ounce, the gal of a capon, chicken, or cocke two drammes: Put in iugges, cloues, & Safron, of eche a dranne, sugercane

dia

## of Ayl.

Take fire drammes, put all in a limbecke of glasse, and distill it. And of this water put in your eyes once in the daye. And yf ye could get the iuier of a hie goate, and myrte w<sup>th</sup> the said thinges in the distillaciō, that water wil bee of much greater vertue & almost without comparison.

¶ For the same.

Take muske vse euery day to eatte Nuttemigges, and to take once in a weeke, a mirabolane condite.

¶ For the same.

Take a Pie and burne her, and beate her to powder, & myngle it with fenel water, & put it in your eyes, Also water of yonge Peyes stilled, is very good. Likewise water of rotten Apples, put  
D.ii.      tiro

### **The Regiment**

two or three droppes in the eyes  
helpeth very much.

¶ A singuler water for diseases in  
the eyes: and to clarify  
the syght.

Take the greene walnuttess,  
huskes and al from the tree, with  
a fewe walnut leaues, and distill  
therof a water to droppe wythin  
your eyes.

¶ Pilles good for the sight,

The pylls sine quibus, all wa  
geth wyth trosciskes of agaryke,  
and pillule lucis, are excellent  
good to pouрге the bryne, & com  
loze the sight.

¶ For peyne of the eyes.

Sometyme peyne of the eyes  
cometh of bloud, & the the beynes  
of the eyes are redde and swollen,  
wherfore

## of Lpfr.

wherefore it is conuenient to be  
let blood of the heade beyng on the  
side where the payne is.

¶ For bloudshorten eyes.

The blood of a Stockdove, or  
the lacke of it an other dove or pi-  
cion: dropped a lytle in the eye, &  
a swette cloute thereof layed vpon  
the same, healeth bloudshottē eyes.  
Whether it be of stroke, or any o-  
ther cause.

Sometyme the sayd payne co-  
meth of Choler, and then the pa-  
tient feleth great heate, sharp pric-  
king, and much payne, and com-  
monly there appereth no gumme  
in the eyes, and if it doe, it is ye-  
llowe. Wherefore ye ought to geue  
them a purgacion purginge Cho-  
ler, as hath been sayed in the re-

D.iii.

medy

The Regiment  
medie of the hedde , pꝛocedyng  
of the cause of Cholere.

¶ For swelling of the eyes.

Take a Quince and seeth it in  
water tyll it bee softe, then pare it  
and bruse it, and mire it wyth the  
 yolke of an egge, and ʒ crommes  
 of whetē oꝛ white bread steeped in  
 the saied water, and put thereto a  
 little womannes milke, and two  
 peny weyghte of Saffron, braye  
 them al together, and laie it ouer  
 the forehead and the eyes. Some-  
 times such peines chance because  
 of fleume, and then the pacient fe-  
 leth greate heuines in his eyes, w<sup>th</sup>  
 abundance of gummie matter,  
 oꝛ water descending into the eyes  
 And in thys case , ye must purge  
 the fleume , as it hath bene sayed

in

## of Eyre.

for the remedie of y<sup>e</sup> head, greued  
by the ercesse of fleume.

To resolue the gumme, ye shal  
use to wash your eies often times  
with the iuice of houseleke, other-  
wise called Senegrene.

And sometimes the same peine  
commeth because of ventositie or  
boynde, and then the patient see-  
th suche peines, as if one beate  
on hy<sup>s</sup> eare with an hammer, for  
which it is good to make a deco-  
ction of camomill flowers, melli-  
sotte, and Fenell seede, in water  
and whyte wine, and therein wet  
a fower double linnen clothe, & y<sup>e</sup>  
licour wel pressed oute, lay it o<sup>u</sup>er  
y<sup>e</sup> eye. Other whyles ther cha-  
meth peine of y<sup>e</sup> eies, because of ex-  
terior thigs, as of wind, dust, or

D.iiii.

beate

### The Regiment

heate of the Sunne, and then it is  
mete to lay therto womā's milke,  
wel beaten wyth the whyte of an  
egge.

And sometyme the sayed peyne  
cōmeth by percussion oꝝ striking,  
and then ye must drop in the eye  
of the bloud of a Pigeons wyng,  
oꝝ of a partrich, which bloud hath  
lyke vertue .to take away spots,  
markes, and rednes of the eies.

¶ For very great peyne  
of the eyes.

Take an ounce and an halfe of  
oile of roses, the yolk of an egge,  
and a quarter of an ounce of bar-  
ly floure, and a litle saffron, mire  
all together, and put it betweene  
two linnen clothes, and lay it to  
the payne.

An



23  
of Lyfe

¶ An other.

Take of crummes of wheaten  
bready white, an ounce, and seeth  
in nightshade or mozell water,  
then mixe with the said bread two  
yolkes of egges, oile of roses and  
camomyll, of eche an ounce & an  
halfe muscilage, of Lineseede an  
ounce, and vse it as is aforesayd.

¶ An other.

Take fire leaues of Henbane,  
and roste them, then beate them  
very wel in a mortar, and lay the  
to the payne.

¶ For rednes of the eyes,

In the beginning of the rednes  
lay vpon the eyes tolwe dipped in  
the whyte of egges, but lette the  
whites be wel beaten firste wpth  
rose water, or with plätine water  
An

## The Regiment

& An other.

Take redde roses, and seeth thē  
and let thē be set warme to yowre  
eye. This taketh away spottes of  
bloud, that sometime chāceth in y  
eyes. Also it is good for all disea-  
ses of the eyes. And it is good for  
rednes of the eyes, that cometh  
by strykyng or any such violence.  
If at any tyme ther happen a spot  
or blemyshe in the eye by a stroke,  
ye must lay to it by and by towne,  
wet in rose water, & in whites of  
egges, and after that the peyn be  
mitigate, ye muste lay a playster  
vpon the eye made of a raw egge.  
Barly floure, & the iuice or mus-  
cilage of mallowes, and then if y  
eye bee not holpen of the sayed  
bloud, ye must lay to it a playster  
both

24  
of Eyfe.

With dissolutive, defensiu, & part  
appeasing y<sup>e</sup> peine which must  
be made of wheat floure, y<sup>e</sup> iuice  
of malowes, mintes, & smalache  
and the yolke of an egge.

¶ Of hardnesse that hath bene

*long in the eye.*

Take a scruple of aloes, succo-  
rin, and melte it in water of ce-  
ledonie at the fier, the receyue the  
iune of it and afterwarde washe  
the eye with fenell water.

¶ An other.

Take ponder of cumine myrte  
with ware like a plaister & laie it  
vpon the eye.

¶ An other.

Take roses, sage, rue, celedonie  
of eche a like muche, w<sup>th</sup> a litle  
salte, and dystill a water, and put  
thereof

### **The Regiment**

thereof a droppe or twoo in your  
eye euening and morninge. In  
steede of that water, it is good to  
take iuice of Hermine, Rue, and  
a litle rose water.

¶ For all rednes of the eyes.

Take the bignesse of a nutte of  
white copperose, and a scruple of  
veros, and pouder it, and mire it  
with a glasse full of well water,  
then put two or thre dropes in  
your eyes.

¶ For the same.

Water of strawberries made &  
put in the eye is good.

¶ A singuler pouder that dryeth  
and taketh away the red-  
nes of the eyes.

**T**ake tutie preparate an ounce,  
and timonie halfe an ounce,  
perles

## of Eyfe.

les. ii drammes, redde cozal a  
 mme and an halfe, pouder all  
 se thinges very fine, and kepe  
 in a box of tinne and vse it.

¶ For to stoppe watring

of the eyes.

**M**ake a playster of pouder of  
 mastike, fine frankensence,  
 bole armoniacke, & gumme  
 gagagante with whits of egges  
 rt together, & lay to the soze-  
 ad and temples. Also it is good  
 set ventoses on the nape of h  
 ck. Also it is good to make a co  
 ie to put into the eyes as folow  
 . Take Tutie pzeprat, & the  
 one called Lapis Hematites, of  
 he a dram, aloes halfe a dram,  
 erles & camphore, of eche a Scru  
 e, pouder them all very fyne,  
 and

### The Regiment

and mixe them in three ounces of  
water, distilled of the knops of ro  
ses, and thereof make a collirie.

Also for to stoppe all humours  
descēding to y eyes, these thinges  
aforesaid are very good mirte w  
rayne water, wherein olibanum  
or Frankenscence hath bene sod  
den.

¶ For webbes of the eye.

**I**t maye be easilie holpen in  
yong folkes, but in aged per  
sons it is very hard. And in  
the beginning, ye must mo  
lifie them with a decoction of the  
flowers of camomil, mellypote, &  
coole leanes, receyuing the fume  
of the sayed decoction within the  
eyes, and then put therein a little  
pou

28  
of Lyfe.

under made with sugar candye,  
genime, & egges shelles burnt  
and afterwarde distill into them  
romans mylke with the decocti-  
on of senugreke.

¶ An other singular receipte for  
webbes in the eyes.

Take snayles with the shelles  
in, and washe them eyght tymes  
and distill them in a common still-  
potorie, the take hares gales, redd  
corall, and suger candye, wyth the  
sayd water, distill them agayne,  
put euery morning & euerynge  
and droppe in your eye.

¶ An other water.

This water is made of white  
poperose sugercandie, & rose wa-  
ter, w<sup>th</sup> whites of egges y<sup>e</sup> are sod-  
den harde, and streyned throughe  
a lyn,

### The Regiment

lynnen cloth, and put into your eye, after dynner, and all night to bed ward.

¶ Regiment for them that haue  
any sore eyes.

We must alwaye kepe your bellylose and abstayne from sper, smoke, winde, dust, and ouer hote or colde ayze, and from wepinge, and long readyng of a small letter, from ouerlonge watchyng, ouermuch dynking of wine, and eatyng late, for all these are very noysome to the eyes & sight. Also al euapozatiue things, as onions leekes, garlyke, mustarde, pease, and beanes, are very dangerous. We must kepe your feete cleane, & forbear the day sleepe. Beholde greene thynges, clere water, precious



35  
of Lye.

Take one ounce licorice. ii. drams,  
make a pouder, and lette him eat  
of a spoonefull, moorninge and  
evenyng and drinke after it three  
unces of water of Slope, or of  
crabionke, with suger & without  
suger.

In stede of those waters, ye may  
make the broth of red Colewortes  
without salte.

¶ An other remedy.

Take sirupe of Liquirice, and  
Slope and drinke it Euen and  
Morne wyth a Potisane, or one of  
the sirupes, wyth a spoonefull of  
Potisane is good.

¶ An other.

Take pouder of Diazis simple,  
and Liquirice, of eche a dramme  
weight and with foure ounces of  
F. i. suger

### The Regiment

suger, make an electuary to be eaten first & last & after meate.

¶ Another.

It is good to take Locsanum, with a stick of licozice, at þ coughing, & after meate. And there is another Loc called Loc de Pino, as good at all times as the other is. And it is good to annoynt þ brest morning and evening, wyth oyle of lillies, swete almondes & May butter without salte

Here is to be noted that cōmonly the cough procedeth of cold humours that greueth the lunges, and so2 that cause all thinges the which be hote, sweete, and do p2ovoke spittle, are very good & hol-some so2 þ same, as be the things afoze rehearsed.

And

of Lyfe.

35

And sometime it procedeth of  
ate, and then it is knowen by  
e great alteracion of feuer, and  
en ye must forbide the pacient  
inking of all wyne, and to vse  
nges that hereafter foloweth.

¶ Remedy agaynst the cough

*commynge of a botte cause*

**T**ake sirupe of violets and  
of tubes, and drinke therof  
mornynge & eueryng with  
a litle ptisane sodden,

¶ For the same.

It is good to take first and last  
lozenge of diadagagant. and af  
terwarde to drinke a draughte of  
ood ptisane.

¶ A good receipt againste

*the cough.*

Take the roote of Enula cam

¶ ii.

*not for  
vania*

## The Regiment

pania, Hozehounde, Holihock, of  
eche a lyke much, seetbe them al  
together in whyte wyne, wpth a  
dosen of fatte figges, & a litle Li  
quirice, Drynke of it a draughte,  
euery day twyse.

¶ Regiment or diet for them  
that haue the cough.

¶ We must abstaine from vineger  
berinice, all salt meates, frutes, &  
rawe herbes, fishe, limons grosse  
meates & to much replecion. Also  
ye may drinke no wine betwene  
meales, and beware of day slepe,  
and specially after meate.

The wynde, the colde, & much  
talkinge, are very vnnaturall for  
the cough. & so is al labour aswel  
of the body as of the minde, and  
sometime it is good to hold your  
wynde

37  
of Lyfe.

bende a lyttle, and lette it goe a-  
gayne.

¶ Remedies agaynst shortnesse

of the wynde.

**S**hortnesse of the wynde,  
procedeth oftentimes of  
fleume, that is tough &  
clammish, hangyng vpon  
the lunges or stopping of the con-  
duites of the same, being in the ho-  
lowes of the brest or of the catar-  
ous humours y<sup>e</sup> droppeth downe  
into the lunges, and therby com-  
meth straytnes in drawing of the  
breath, which is called of phisici-  
ans, Dispnoca, or Asthma. And  
whē the pacient cannot bende his  
hocke downe for dread of suffoca-  
tion, it is called orthopnoca. For  
every one of these dysleases, there

¶.iii.

be

**The Regiment**  
be very holeſome medecynes de-  
clared here afoze.

¶ The receipt for Aſthma.

*no l*  
*very*  
*good*  
Take an ounce of great raiſins  
picked fro the kernels, ii. figges,  
h meate of a date, dry yſope, may-  
den heare, licozice, and the lungs  
of a ſor waſhen in wine, water of  
ſcabioſe, of euery one a dramme.  
penibies. ii. ounces with ſirupe of  
licozyce, let all be incorpozated, &  
make a loz to eate a good whyle  
after meate, wyth a ſtycke of lico-  
ryce.

¶ An other receipt.

Take hozehound, mayde heare,  
and yſope, of euery one a handſul  
licozyce, dates, figs, ſede of ſmal-  
lach, and of Fenell, of euery one  
halfe an ounce: boyle them in a  
pynte

38  
of Lpke.

of water and an halfe, tyll  
the thirde part be consumed.

After geue him the said decocti  
on to drinke a good draught eue-  
ninge twoo houres afore  
meate. And before it, or inconty-  
nently after it, it is good to take  
as much as a chestnut of conserue  
of colewortes, or a lozenge of di-  
opsopi, or diatris Salomonis. Al-  
so loc de pulmone vulpis, is erce-  
sing good for the saide disease.

¶ An oyntment for short-  
nesse of breath.

Take ii. ounces of oyle of swete  
almondes one of May butter vn-  
salted, a litle saffron, and of newe  
ware, & make an ointment, wher-  
with ye shall annoynt the breste  
mozne and euen.

f. iiii.

Regi.

## The Regiment

### ¶ Regiment.

Consideringe the saied disease  
commeth of to great aboundance  
of fleume in the lungs, it is good  
to obserue the thynges that are  
shewed in þ remedies of þ cough.  
And to dwel in a dry place far frō  
water pooles, or marishes, and to  
sleepe in a moyste chamber, in the  
which ye must haue a fier of wood  
without smoke. The bread must  
bee light and pleasaunt, for soure  
bzeade, bzoune bzeade, and crusts  
are to be auoyded. Also ye maye  
eate no Pease, Beanes, Puttes,  
Chestnuttres, nor any thyng that  
stoppeth or engendzeth wynde.  
If yshe roasted vppon the gridiron  
may well be suffered, for they bee  
not so euil. Pulled Barley, ryce,  
bzothe



of Lyle.

Booth of Coleworts, and booth of  
an old cock, wyth Ysop and Sal-  
mon, are specyall good meate for  
the Lungen, & so are fatte figges,  
aplysins of alican, dates, graynes  
of the Pine, pignolate, & Sweete  
almon des.

Great mouinges and chafinges,  
and sodaine labour is very euill,  
yet moderate exercyse afoze meat  
is good and profitable.

Rumynge, anger, and such o-  
ther passions that enflame y hart  
are in this case vtterly to be auoi-  
ded.

¶ Remedies for the Pthisike.

**P**thisis is an blceracion of the  
Lungen, by the whych all the  
body falleth into consumpti-  
on, in such wyse that it wasteth  
all

### The Regiment

al saue the skinne. We may know him that hath a pthysike, for from day to day he wareth euer leaner and drier, & his heere falleth, and hath euer a cough & spitteth sometime matter and bloudy Uringes withal. And if that which he spitteth be put into a basen of water it falleth to the bottome, for it is so heauy.

Galene speakynge of this disease, sayth it is vncureable. But when he was in Rome, he gaue counsaile to them that hadde the pthysikes, to dwell in the mountaines & hie places, far from waters & watry groundes, & so their lines should be prolonged but at the last they died of y<sup>e</sup> sae disease. Neuertheles, it is good to releas  
the paine

of Lyfe.

the payne, and to helpe them as much as is possible. And the thing that is most holesome for the sae, is to drinke every moynge a draught of asses milke, iiii. hours afore meate, in the place whereof one may take the mylke of a gote newly milked, & mire the every tyme wyth a sponesful of powder, made of suger roses, & it is good every tyme to vse conserue of roses, pignolat, diadagagantum, & annoint the brest befoze and behinde, with oyle of swete almōds May butter, and salte.

& Another remedy proued  
by a religious man.

**T**Ake. ii. ounces of pimpernell  
in powder, and thereof make  
an electuary with suger, and  
vse it

### The Regiment

Use it every morning. ii. drames  
with pimpernel water. iii. ounces,  
water of snailles distilled is pro-  
ved good to them that be pthysike  
every morning in drinke, & for all  
them that are dry and leane.

¶ Another.

Take the four colde sedes, sede  
of quinces, of eche iii drammes &  
a halfe, whyte Poppy seede fyue  
drammes, the iuyce of Liquorice  
Isop, Amidum, gumme arabike  
and dragant, of eche a dramme &  
an halfe, Penidies the weight of  
them all, make a powder, and use  
every morning. ii. drammes, and  
after take ii. sponesfuls of sirup of  
iuiubes, or in stede of it, drinke  
ptisane of water of bngula cabal-  
ina, otherwise called hozshose, &  
powder

under wherof is good for þe pthi-  
 ke, wherwith Haly sayth, þe  
 healed a monke of þe same sicknes

¶ Regiment for ptisicke.

**Y**e ought to doe as hath bene  
 sayd in the regiment of Asth-  
 ma, and to abstaine from all *not*  
 spices, saue saffron. ye must like-  
 wise abstain frō all soure things,  
 sharp thinges and tart, nor be not  
 hungry, nor drie: but cherishe you-  
 rsel with meats of easy digestiō,  
 and good nourishment, such as is  
 coleys of Capons, hulled barleye,  
 Almonde mylke, egges yolkes,  
 beale, kidde, lambe, shespes fete,  
 & small birdes, liuing in woodes  
 and bushes, creauises and fish of  
 sweete runninge water, hauinge  
 scales, Snayles in the shelles sod  
 with

### The Regiment

with fenel and ylope is very good  
ye must liue merily, and play at  
some pastyme for pleasure wpyth  
out labouring.

Ye ought to abstayne from lar-  
atiue medecynes, because that it  
is sayd. Cum fluor excedit, mors intrat,  
vita recidit, which is cōtrary to asb-  
ma, for therein it is good euer to  
be lose bellped.

¶ For the plurisye.

Hereafter shalbe spoken of me-  
decines for diseases of the ribbes.  
And for playner knowledge of y  
same, ye shal vnderstand y some-  
tyme in the skynnes that couer y  
rybbes, there gathereth together  
bloud and Cholerike humours,  
whych engender apostemes, cal-  
led plurisie, and it may be knowe  
by

more maner of signes.

Firste the pacient hath a greate burninge feuer. Secondly y<sup>e</sup> rybs are so soze within, as if they were picked continually with nedels. Thirdly the pacient hath a shorte breath. The fourth signe is a strōg cough, wherewith the sick is vexed and by these signes may ye surely knowe a right pluresie, that is in the skinne, vnder the ribs within the body.

But there is an other kinde of pluresie without vpon the ribs appointed, but in that is nothynge so great dāger, nor y<sup>e</sup> feuer is not so stronge as is the other afoze rehearsed.

Remedy.

The pacient ought to be lette  
blond

### The Regimēt

bloude on the liuer bayne, in the contrary arme from the side that is diseased. After the begynninge of the soze, till the thirde day, and after that if the pacient be not feble, lette him bloud agayne vpon the same side that the soze is. Moze ouer the pacient ought to lay vpon the soze side, euery day an earthen bottel, ful of warme water, and to annoynte his ribbes wyth oyle of camomill warme. And he ought to take a glister of chickens broth, mylke Cassia, oyle of violets, and hony of roses, if his belly be harde. And in steede of that glister, it is good to take an oñce of cassia an houre befoze dinner in a losenge or distēpered with a ptiene, or els with water of scabiose.

An



¶ An other remedy.

Take of brome floures, of sca-  
rose & the great thistle called car-  
benedictus, of euery one a like  
portion, meddle them together, &  
eat him euery moorning & euening  
receyue a good draught, and an-  
oint the ribs with oile of brome  
floures, & it shalbe good.

¶ An other singular remedy

Take. iii. ounces of water of our  
lady thistle, one sponesful of white  
wine, & fire inner whits of egges  
wel bzaied, mingle altogether, &  
lay the plaisterwise bpō the ribs,  
as hote as ye may suffer.

¶ An other expert remedy.

Take. ii. good handful of bozse-  
dounge, two races of Wynger in  
pouder, and then wzappe wel the  
C. i. dounge

## The Regiment

doūng & the gynger together in a  
cleane linnē cloth, then put the in  
a new pot to boyle wyth. ii. pints  
of whit wine, vntil the thirde part  
be consumed & drinke a draughte  
of the sayd drinke euery morning  
& after ye haue dronke the sayed  
wyne, couer ye as wel as is pos-  
sible and sweate.

¶ Regiment for the plurisy.

The pacient ought not to drinke  
wine, nor eat flesh, but muste be  
content to drinke ptisane, barlye  
water, and weake drynke, and to  
eate barly hulled, & mylke of al-  
mondes clarified, roasted apples,  
& great raisins as long as the fe-  
uer both last. And so2 to help him  
to spit, it is good to vse oftē white  
pilles, diadagagantum, Sugar  
candy

and y, and other things sayed in  
the remedy of the cough.

¶ For diseases in the ribbes

*which is not pleuresye.*

There chaunceth oftentimes a  
disease in the ribs, which they cal  
bunch, which cometh of ven-  
ositie, wherfore it is good to ap-  
ply thereto hote things, as a tolle  
of bread very hote, and a litle bag  
of rotes, & bay salt fried together,  
or of hony which is better. Also it  
shal be good to put therto a spon-  
ge of hote ashes & herbs, of hore  
hound, rue, wormwood, marge-  
ryne, yslope, baies, & Camomil.

¶ An other remedy for the same.

Take the rotes of colcowyte &  
pops, of eche an ounce, beruein,

C. ii.

mug.

### The Regiment

mugwort, sage, mintes, woyme wood, tansay, and motherwozte, of eche a handful, put all in a comon still, and distil them.

Keepe that water to drinke euery morninge two or thre ounces, while the payne doth last.

¶ An other remedy.

Take the saied herbes & rootes and beate them with white wine, and straine them thzough a linn cloth, and geue vnto the patient a small draught two or thre houres afoze meate.

¶ The fourth chapter of the  
weakenes of the hart.



¶ Cakenes or feblenes of hart is caused, whē the body fayleth hys vertu vital, without any

any euident cause or when the bo-  
dy is consumed and wareth out of  
colour, and that the operations  
vital are weake, without sensible  
hurting of any other member, but  
the hart. And it may chance of an  
aposteme, for the which ther is no  
maner remedy, for all apostema-  
tion of the heart is mortall. And  
debility of the heart may come of  
heate accidental, which one may  
know, when there is a great heat  
in the best, & vehement thirst, & is  
quenched better in drawing colde  
wyne, then in drinking cold water

¶ Remedy.

Geue hym that hath a feeble  
heart, & redy to faynt, eyther for  
feuer, or for extream heate, the  
weight of a french crown of cro-

§.iii.

ciske

### The Regiment

ciske of Camphore, with wyne of pomegranades, and lay vpon his bzest toward the left side, a sendal or linnen dipped in water of roses and vineger.

### A leQuary.

In scede of these troscisks, ye maye vse a Lequary called Diamargariton frigidum, euery morning a lozenge. And it is good to geue him for the same seblences, conserue, roses, violets, & water lillies myngled together, & after to drinke water of sozel, & to smel roses, water lillies, rose water, & vineger. Otherwhiles & most often debilitie of hart chaunceth of a colde & dry cause, and it is without feuer with great feare & heauines, the remedy wherof is this.

Remedy

## of Lyle.

## ¶ Remedy.

Take of an electuary, called di-  
 muscus, or of an other called e-  
 lectuariū pliris, & vse every mo-  
 ring a lozenge, & drinke after it a  
 little good wine, or buglose water  
 annoynt the breast with oyle of  
 pikenarde. Moreover vse once in  
 weke syue houres befoze meate  
 the weighte of halfe a crowne of  
 good triacle, or mithridatum, so  
 be well tempered wyth a little  
 white wine with a few maces.

## ¶ For the same

We must geue the pacient often  
 in y<sup>e</sup> houre of his feblenes, cloues,  
 Cinamom, Putmiggess, setuals,  
 of the roote of Colewortes if he  
 hath not the pthilicke, in whych  
 case he muste abstayne from the

C.iiii.

sayed

### The Regiment

said things. And it is conuenient  
to geue him in y case good flesh,  
& potage withoute spices, & take  
euery mozning a great draughte  
of Asses oꝝ Goates milke, & suger  
rosate.

For bearing of the heart.

It is called of the phisicians car  
diaca passio, oꝝ otherwise tremor  
cordis, that is tremblinge of the  
harte, and sometime it chaunceth  
with a feuer, & somtime without

¶ Remedy when it commeth

wyth a feuer.

We must be let blod of the liuer  
bein, & drinke euery mozning si  
rupe of pomegranades & limmōs  
the iuice of sozel, oꝝ one of them,  
with water of roses, purslane, suc  
coꝝy, & sozel. Moreover the paciēt  
ought



ought to smell thinges colde and  
swete, as dyped roses, water Lil-  
ies, violets, and vineger of roses

Also it is good to take an infusi-  
on oꝛ lare of rubarbe, oꝛ deyned of  
some good phisiciā after þ which  
it shal be good to apply vpon the  
lefte pappe, a linnen cloth dipped  
in plantaine water, roses, sozell, &  
a litle vineger.

¶ For trembling of the heart with-  
out a feuer, A remedy.

**T**he patient must take two  
ozāmes of the electuary of  
diamargariton calidum, &  
the thirde part of electuarium de  
geminis, then drinke two oꝛ thre  
ounces of water of buglosse, and  
baume mixt together.

¶ An other remedy.

Take

### The Regiment

Take mastike, Lignum aloes,  
cloves, cinamome, nutmigges, &  
cubebes, of ech a scruple, pilles of  
citrons halfe a dramme, Dozonici  
Romani, and perles, of eche. xv.  
graines, Basil seede. x grainses,  
amber grece, & muske, of eche. ii.  
graines, with conserued buglosse  
or colewortes & sucket of citrons,  
of ech halfe an ounce, make an e-  
lectuary with. iiii. ounces of suger,  
dissolued in whit wine & buglosse  
water; and vse of the same euery  
morning. ii. dzaumes, & drinke a  
litle good wine after it.

¶ An other remedy.

Take water of buglosse, baum,  
and bourage, of all thzee together  
a pounce, of whyte wyne halfe a  
pounce, pouder of Cinamome,  
cloves,

Cloaves and Nutmiggess, of ech  
twoo drammes, mingle them all  
well together, and then heate it a  
litttle, and dyppe a linnen cloth  
in it, or els a fearlet, and lay it to  
the left pappe.

¶ An other remedy.

We must make a bagge of sendal  
of the sayed swete spices, or other  
cordiall pouders, and lay it hotte  
upon the left pappe.

¶ An other singuler remedy

Take pomanders made of La-  
padanū, lignum aloes, & Citron  
pils, maces, cloues, bozage flou-  
ers, Stozar calamite, Amber of  
greece, & a litle waye, & let the pa-  
tient beare that, & smell it often.

An other medicine.

The mawe of an olde Cocke  
dried

### The Regiment

Take mastike, Lignum aloes,  
cloues, cinamome, nutmiggess, &  
cubebes, of ech a scruple, pilles of  
citrons halfe a dramme, Dozonici  
Romani, and perles, of eche. xv.  
graines, Basil see de. x. grains,  
amber grece, & muske, of eche. ii.  
graines, with conserued buglosse  
or colewortes & sucket of citrons,  
of ech halfe an ounce, make an e-  
lectuary with. iiii. ounces of suger,  
dissolued in whit wine & buglosse  
water, and vse of the same euery  
morning. ii. dammes, & drinke a  
litle good wine after it.

¶ An other remedy.

Take water of buglosse, baum,  
and bourage, of all thre together  
a pounce, of whyte wyne halfe a  
pounce, pouder of Cinamome,  
cloues,

Cloaues and Nutmiggess, of ech  
twoo drammes, mingle them all  
well together, and then heate it a  
littell, and dyppe a linnen cloth  
in it, or els a fearlet, and lay it to  
the left pappe.

¶ An other remedy.

We must make a bagge of sendal  
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upon the left pappe.

¶ An other singuler remedy

Take pomanders made of La-  
padanū, lignum aloes, & Citron  
pils, maces, cloues, bozage flou-  
ers, Stozar calamite, Amber of  
greece, & a litle waye, & let the pa-  
tient beare that, & smell it often.

An other medicine.

The maner of an olde Cocke  
dyeed

### The Regiment

Dyed and made in powder, is exceeding good to drinke in red wine, or swete wyne wyth a lyttle saffron.

¶ For the same.

It is good to drinke euery morning. iiii. ounces of water of buglosse wherein hath bene sodden cloues. And it is good to drinke in a morning. iiii. ounces of iulep made of halfe a pounce of baume water, and thze ounces of suger. The confectiō of diatacinthy, is singular & excellēt for trembling of the hart, but it is for noble men, not for poore folke.

For swooning.

**S**wooning is a taking awaye of the feeling & moving of the body by weaknesse

nes of the heart thzough to much  
auoidance of the spirites.

¶ Remedy.

In Homer for swoning, sodain  
ly ye ought to caste vpon his face  
colde water mingled wpyth Rose  
water or vinegre. And if ye stop  
his mouth and nose, and bow his  
face vnto his knees, so longe as  
ye stoppe your winde your selfe,  
ye shall forthwith recouer him.

But if the saied swountinge come  
of the mother, ye must laye to the  
nose all stinking thinges & abho-  
minable sauours, as Partriches  
fethers bzent, castor assafetida, or  
the snuffes of candels. Moreover  
ye ought to geue y patient a litle  
good wine, which is y chief thing  
y quickliest restozeth him as saith

Auerrois

### The Regiment

Querrois in his seuenth colliget.  
Afterwarde rubbe his armes and  
legges, & binde them harde, then  
prouoke him to nese putting a lit  
tle pouder of lōg pepper, euphor  
bium, o2 casto2 in to his nose. And  
if by the said medecines, the paci  
ent doth not amende, this diseale  
is vncureable. And here ye maye  
note, that if swoouinge come by  
great resolutiō of spirits, as after  
great euacnatiō, either by sweat,  
flure of bloud, o2 laske, ye oughte  
not to cast cold water on his face  
no2 to bynde hys members, for  
that shoulde doe him hurte, but  
keepe hym in a place without mo  
uinge, and geeue him to drinke  
a little good wine, & nourish him  
with good light meats as pullets  
chickens,



chickens, capons, partridges, beale  
 mutton & kid, wherof ye may make  
 a good potage, coleyces or re-  
 storatiues, distilled or otherwise,  
 as ye shal thinke conuenient.

The.v. Chapter of remedies for  
 diseases of the stomake.

**T**he cheste of the body doth  
 receyue the meate necessa-  
 ry for all the members in  
 the stomake, whych is situate in  
 the middes of the bodie, for to  
 digest the same meate into al the  
 members, to the whych chaunceth  
 debilitie or hinderance of appetite  
 sometimes by error of the eater in  
 quality or quantity, & sometimes  
 by reason of the fleume that des-  
 cendeth from the head like a reume.

¶ Remedy.

keepe

### The Regiment

Keepe abstinence, and eate so-  
bely lyght meates, and dꝛynke  
good wine, & but litle. Purge the  
stomake, in takinge pilles of sim-  
ple hiera befoze meate. iiii. 02. iiii.  
of the sayed pylles at four of the  
clocke in the morning. If the re-  
pletion be greate, slepeinge in the  
night, he must lay his had on his  
stomake, 02 els lay a litle pillowe  
of fethers on it, 02 a bag of worm  
wood & margerim. Somtymes ther  
chaunceth suche debility, not for  
reume, 02 meat 02 dꝛinke, but by  
viscous & slimy fleum in y<sup>e</sup> mouth  
of the stomake, whych causeth to  
engēder abundance of ventosity,  
& maketh the meate to swim with  
litle thirst. And sometimes wpyth  
sour belchings, & inflations, such  
debilitie

debilitie may not perfectly be cured, but for a time mended with remedies that folowe.

Remedies for weaknes of the stomake.

First ye muste take pillule stomaticæ. ii. or iii. houres afoze meat more or lesse, according to the quantitie of the fulnes of the stomak, & after geue him euery morninge ii. houres afoze meate & one houre after supper, at euery time a lozēg of a lectary called diagalāga, or another called diaciminū which lectuaries do consume ventosities, & with their cōsoztable heate dzyue away the colde and the windy cōplexion of the stomake.

¶ For the same.

Grene ginger is very good, take as is sayed afoze of electuaries.

h. i.

And

### The Regiment

And it is holosome to eate afor  
your meate, anyle sedes and fenel  
and when ye begin to eate, take a  
tost dipped in soddē wine, or good  
malmesey without dzinking of y  
same wine, except it be a very lit  
tel after meat.

¶ Another.

Take mastike and lapadanum,  
of euery one an ounce, myntes &  
wormewood poudzed, of eche a  
drammie, turpentine, as much as  
shall nede to incorporate them to  
gither, make a plaster and spzed  
it vppon lether, and laye it to  
the stomake. In fiede of the sayd  
plaster, it is good to anoint y sto  
make with oyle of spikenard, and  
make, or to lay on it hotte breade  
steeped in good wine, on y whiche  
bread

bread strawe powder of cloues & nutmiges.

Sometimes such debilitie of stomake, cometh of hot causes, & then it is knowen by the little appetite to meate, & great thirst, & heade ache before meate, and after it, cometh stinking belching, wherof sometime foloweth vomiting, & is holpen on this wise.

¶ Remedy.

In such debilitie, if there be gret quantitie of spittle, & much desire to vomite, it is good to take. r. drames of hiera picra, w<sup>th</sup> the decoction of cicers, or with two or three ounces of water of mozmelwood, & after your meate, vse coriander seede prepared, & beware ye drinke not thereafter, nor slepe in the day time.

¶ To the same.

v. ii. Pira.

### The Regiment

**M** Trabolans cōdite ar very  
good foꝛ the same purpose  
to be giuē once in ʒ weke  
at foure of the clock in the  
moꝛning, halfe an ounce, oꝛ a hole  
ounce euery time, & take alway the  
stone that is with in. If in the said  
debilitie of stomake of hote cause  
ther be not abūdāce of spittle, but  
drines of mouth, with thirst & vo-  
miting, stinking and fumish it is  
good to take euery moꝛnig sirup  
of soꝛel, sirupe of roses, oꝛ sirupe  
of quinces, with endiue & succoꝛie  
water and water sobren & cooled  
again, and then drink hierapicra,  
as afoꝛe is said, oꝛ take a purgati-  
on, as is declared in the pe in of ʒ  
head, coming of choler. It is to be  
noted, that foꝛ suche debilitie of ʒ  
stomake,

Stomake, ye may not weare anye  
cerote plaister, noꝝ baggue, wher  
in is hote medecines lest ye shuld  
augment the cause, but it is conue  
niēt to annoint the Stomake with  
colde oyles, as be oyles of roses,  
quinces, and if ye wil haue a play  
ster, make it of red roses & sāders

¶ For abhorring of meat.

Somtime there chaunceth in y  
Stomake, a disease called tastidiū,  
oꝝ abhorring of meate, wherby y  
persone against his will taketh in  
hate and abomination all maner  
of meates, y is offered vnto hym:  
likewise as a hole man taketh plea  
sure and delite in his meate. The  
cause of this disease, is repletion  
of cholerike humours, oꝝ fleuma  
like, grosse and viscous, which are

H. iii.

in

### The Regiment

In the stomake, & the patient hath  
great thirst, a drie tōgue, & mouth  
bitter, & somtime doth vomyt ye,  
low choler.

#### ¶ Remedy.

We must purge & choler as hath  
beene saide afoze, and if & veines  
be great & full of bloud, ye ought  
to let him blud on the right arme  
and on that veine which appereth  
most: and to quiken the appetite it  
is good to geue him to eat or drinke  
such as the patient demandeth, al  
though it be not allwaies of & best.  
And also it is good to giue hym &  
iuiue of pomegarnades.

#### For belching.

Belching is a vētositie inflatius  
expulsed oute of the stomake to &  
mouth, and cōmeth by feeblenes,  
and



and litle heate of þe stomak, which engendzeth wind, wherfoze it signifieth a colde complexion, which is cause of suche vntofite after meat. And fo: this disease ye shall doo as foloweth.

Remedy for windinesse of  
the stomake.

**A**void frōme all frutes, & raw herbes, pease, beanes, garlike, onyons leekes, chesnuts, course meates, great repast & slepe on þe day ye ought to take fasting, comfites made of anise, fenell, cummin, & carrawaie seedes, or els pouder of the said things mixt with suger. Also it is good to take in a mo:ninge. ii. houres befoze meate a lozeng of aromaticū rosatum, and if ye haue an akinge

℞.iiii.

℞.

### The Regiment

For make & colde, it is good to take  
euery morning a lozeng of diamiss  
o2 diaciminum, o2 some other co-  
fortable lozeng, & to drinke after  
it a sponfull of good wine.

¶ An other remedy..

Ye may take a little galingale  
with a litle wine, o2 powder of cu-  
min, with some good wine.

¶ An other remedy.

*now* Drinke euery morning fastinge  
two ounces of wine, wherin hath  
bene sodden baiberies, anise, and  
carraway seedes, of eche a litle.  
And if ye put to it a lpttle pure  
frankensence, it wold bee the bet-  
ter. And without it is good to lay  
a bagge full of camomil floures,  
rue, wormewood, & maioza made  
in powder, o2 so to annoint y<sup>e</sup> sto-  
make

make with oyle of woꝝmelwoode,  
rue, spikenard, oꝝ baies. Some-  
times suche bellichinge & ventossie  
cometh befoze meat, & it is cau-  
sed of fleum viscosus, oꝝ watrish,  
that is in the stomake.

## ¶ Remedy,

We must purge the fleume with  
pillule cochie oꝝ electuariū of dia-  
cartami, as hath bene sayed in the  
remedy of pain of the head caused  
of fleum. And ere ye geue the pur-  
gation, ye ought. iiii. oꝝ. iiii. moꝝ-  
ninges. ii. houres afoze meate, to  
take two litle sponesfuls of sirupe  
of woꝝmelwoode oꝝ of mintes.

After the which purgation, it is  
good to annointe y<sup>e</sup> stomake with  
oile of mastike, nardine, woꝝme-  
woode, oꝝ likes and soꝝ to weare  
vpon

### The Regiment

Upon the stomake a cerote, being made like a plaster, which ye may buy at the Apotecaries, called cerotum Galeni, or a bagge made of maioran, and canomill floures, & take euery morning a lozeng of the electuary aboue named, or of diagalanga. Item ye shall note, yf the person cannot take a purgation, to auoid sufficiently the fullnes of the stomak which byndeth the digestion of meate he must take a glister, & afterward pilles of elephagine, or of hiera simplicis, before dinner or supper. Moreover, if before dinner ye feele an heauines in y<sup>e</sup> stomake, ye ought to take one of y<sup>e</sup> said pilles halfe an houre before meate. ¶ For the hicker

Hicket or yeasking, is an euill mouing

moving of y<sup>e</sup> vertu expulsiue of y<sup>e</sup>  
stomake prouoked by y<sup>e</sup> vertu sen  
sible, to expulse that y<sup>e</sup> doth annoy.  
The saied hicket doth sometimes  
happen by reason of emptines, by  
debilitie of the stomake after long  
sicknes, or by flure of blud or lar,  
or by som other strange euacuati  
on, which is very perillous, & of  
tentimes mortall. Therefore it is  
good to giue restoratiues to y<sup>e</sup> pa  
ciēt, & to geue him soft egges, al  
mond mylke, bulled barley, coleise  
of capens, or other things of good  
nourishmēt, and of easy digestion.

Also ye ought to stop the laske, &  
to make the pacient to slepe long,  
and anoint the stomak wyth oyle  
of swete almons. Sometimes hic  
ket procedeth of repletion of mat  
ter

### The Regiment

ter humozus, o2 of drink & meate  
which ingender grosse ventositie,  
& not very easy to consume. If the  
stomak be ouercharged w meate  
kepe a long abstinence till digesti  
on be done, o2 els vomite & anoint  
y stomake with oyle of dyll, mas-  
tike, wo2me wood and casto2. If  
humozs cōteined in the stomacke  
because of the said hicket, take an  
ounce of hierapicra with water of  
wo2me wood, o2 elles pilles ante  
ribunt. iii. o2. iiii. houres befoze  
meat, and euery mo2ning follow  
ing the operation of y said hiera-  
picra, take a lozeng of dianisi o2 di  
aciminū, o2 els a few anise sedes  
& carawaies.

¶ Regiment for all maner hicket.  
It is good to kepe long & often  
by

hys bzeath to nese, to trauayle much to endure great thrist, & also to sleape longe. And it is good to caste colde water in the face of him that hath the hicket, & to threaten him, & so put him in feare, & to angre him, or els to prouoke him to beuines, soz by these things y natural heat is reuoked & fortified within, and causeth the hicket to cease.

¶ For vomiting.

Vomitinge cometh sometimes without great violence, & thereby one geteth helth wherfoze ye nede not giue hym any remedye soz it is a good action of y natural vertu of the stomak. Somtime vomitinge cometh by a great violent mouinge of y vertue expulsiae of the

**The Regiment**  
of the stomake, for the euill things  
contained in the same.

Remedy.

One may well helpe a man to  
vomit, geuing him warme water  
with a litle oile to drink, or els to  
put the finger in his mouth very  
low or a fether wet in oile, y<sup>e</sup> bet-  
ter to vomit & mundify y<sup>e</sup> stomake  
yf so bee the person haue a wyde  
throth, and that vomiting do not  
hurte him muche, as bee they that  
haue but small & strait throtes, &  
long neckes and leane, & bee that  
hath an euill sight, for all these it  
is euill to vomite.

Sometimes vomiting cometh by  
weakenes of the stomake, caused  
of a hote and euill complexion, ye  
shall heale it after this maner.

**Remedy**



of Lye.

SB 58

Remedy.

Take sirupe of roses, quinces;  
mitilles, with water sodden, and  
colde again, or els water of purse  
lane for to reifrehe and quenche  
thrist that chaunceth commonly in  
such a case. And it is good to a-  
noint the stomack befoze dinner and  
supper, with an ointment made of  
oyle of roses, and quinces, w<sup>th</sup> iuice  
of mints, and a littel ware, or els  
to make a plaister of mints. roses  
woz mwood, and oyle of roses, an  
lay it to the stomake.

¶ An other.

Take frankensence, mastike, of  
eche halfe an ounce, made in pou-  
der, and myngle them together,  
with the white of an egge, & a litle  
barly floure, the spzed it on a litle  
tow,

### The Regiment

folw, and lay it to the mouth of y<sup>e</sup>  
stomake. At y<sup>e</sup> latter end of diner,  
it is good to take a morsel of mar  
malade without drinke.

Somtime vomitinge procedeth  
of euill and colde complexion of y<sup>e</sup>  
stomake.

#### ¶ Remedy.

Annoint the stomake wyth oyle  
of spikenarde and mastike, or els  
make an ointmēt of y<sup>e</sup> sayed biles  
with a litle mastike, coral, & ware  
and anoynt the stomake morning  
and euening.

#### ¶ An other medecine.

Make a bagge of wormewood,  
maiozam and dry myntes, of eche  
a like handfull, cloues, galingale,  
& nutmiggess, of eche halfe a dram  
the sayd thinges poudred and put  
be

and put betwixt ii. linnen clothes  
with cotten enterbasted & applied  
vpon the stomake, are of wonder-  
full operation. In stede of thys ye  
may take y<sup>e</sup> saied herbes dzyed on  
an hote tilestone, & put thē in two  
linnen cloutes vpon the stomake.

¶ Aa other maner.

Ye maye take a tolle of bzead &  
stiepe it in the iuyce of myntes, &  
cast vpon it pouder of mastike, thē  
laye it vpon the stomake, & from  
thzee houres to thzee houres, let  
it be renewed.

¶ Otherwise.

Take two handfules of mints  
& a hādful of roses sodde in wyne,  
thā take two oūces of tosted bzead  
and moyft it in wyne and incorpo-  
rate it with pouder of mastike, &

3.i.

the

### The Regiment

the saied roses and mints & make  
a plaister, whereof one part must  
bee laied to the stomake when the  
patient would eate any meate.

The saied plaister is also good in  
al hote causes, if fo: the said wine  
ye seeth the myntes and roses, and  
steepe the toste in vineger.

To comfort the stomake after  
vomiting.

It is good to gene vnto the pa-  
tient euery morning an ounce of  
sirupe of woyme wood, or myntes  
in Alede of which it is conuenient  
to take a losing assaromaticū rosa-  
rum, or diagalanga.

¶ For the same.

Take euening & moynynge. iiii.  
houres before meate. ii. cloues in  
pouder with a sponfull of y iuyce  
of

of mynte 3, or halfe a sponfull o  
rue, dreyed, wyth a lyttle wyne.  
Also it is good to take pouder of  
cloues, and lignū aloes, y weight  
of a crown, with wine. ii. houres  
befoꝛe meat.

¶ A glister for the same.

And here ye muste note, that in  
all vomiting, if the paciēt be hard  
bellied, it is good to take an lent  
tine glister made of y decoccio of  
Marthe mallowes, mallowes, bi  
olettes, and barley with oyle of bi  
oletts hony of roses, & a litle cassia.

And if y vomiting come of cold  
nes of the stomake, or of colde wa  
ter conteyned in it, adde vnto the  
saied glister, wormewood, yslope,  
rue, and Camomyl in the seeth  
inge. And soꝛ oyle of Tyolettes,

3. ii. take

### The Regiment

take oyle of camomil, o2 of lillies  
& geue the pacient a pyll of mas-  
tyke befoze meate. And ye shal vn-  
derstand, that myntes bzayed, and  
myngled with oyle of roses, & ap-  
plied vpon the stomake, is verye  
good for vomiting.

¶ For paine of the stomake.

Ache o2 peine of y<sup>e</sup> stomake com-  
meth sometimes of wynde, & it is  
called doloure extensiuē, y<sup>e</sup> which  
is holpē wyth applying thereto a  
sponge wet in wyne wherin hath  
bene sodden wo2mwood, rue, and  
camomyll.

Also ye may helpe it as hath bene  
sayed in the remedye of hicket o2  
peaskyng and as shalbe saied here  
after in the remedye for all peynes  
of the stomake.

Hom,

Somtimes the saied payne cometh of replecion of humours, and it is called Dolor agrauatinus. Whith ought to be cured by purgacion in geuiug of cassia, newly drawen out, hierapicra, or pylls stomaticas, or of hiera simple, taking some sirup besore y purgacion, as is shewed in the remedy of debilitie of stomake. Sometymes payne of the stomake cometh of cholere, or salt fleume very sharp and the pacient hath bitter tast or salt with great thrist, & he feelethe heate and mozdicacion. Wherfore it is good to d<sup>y</sup>nk sirupe of roses or occi saccarum simple wyth sodden water & cooled. In stede wher of ye may take endiue water, succory, and purcelane with one part

### The Regiment

of Wormwood water, and then take an euacuatiue that purgeth choier, as is sayd in the remedies for peine of the head comminge of choier, or let the patient vomite, in geuing a sharpe sirupe of sozel with warme water, than put hys finger in his mouth, so y he maye vomite. Sike folkes often diseased in the stomake, demaunde nothing els, but to take away y pain not regarding the tyme while the matter may bee purged by vomiting, glyster, or other lares.

Also there chanceth some tyme so great paine and sharpe, that for debilitie of vertue, it is good to leaue the cause and flycke to the swaging of the payne: wherefore it behoueth to procede in manner



ner folowing.

¶ Remedy for all paynes of  
the stomake.

**T**ake Camomyll, melilote,  
wormewood, mallowes w<sup>th</sup>  
their rootes, leaues of bays  
parietarie, and peniriall, of  
eche a handfull, limeseede a poude  
fennugreke halfe a pounce, anise  
and feneil seede, of eche halfe an  
ounce.

The saied thinges brused & wel  
sodde in water, wette therein spo-  
ges, and the licour well pressed  
oute, and applied vnto the stomak  
one after an other, and warming  
them agayne, when they bee  
gynne to coole, swage all ma-  
ner paynes of the stomake. And  
afterward ye muste annoynt the

I.iiii.

sto-

### The Regiment

Stomake w<sup>th</sup> oyle of dil & camomill.

¶ An other remedy.

Take an hogges blader, & fill it of the saied decoction, & lappe it in a linnen cloth, and lay it to y<sup>e</sup> stomake & warme it agayne when it is colde.

But after ye haue made diuers such applications, ye must anoint the stomake with y<sup>e</sup> oyle aforesaid. If the peyne bee remouyng from place to place, it signifieth it cometh of ventositie. Therfore lay vnto it a bagge ful of meale, salt, & cummin dried together.

¶ An other remedy.

Take a sponesful of hote ashes, beate them with good wyne, & couer them with a linnen cloth: y<sup>e</sup> it goe rounde about the spones, & lay it to

it to the stomake.

¶ An other remedy.

Take a sheaue of bread metely  
thicke, toste it, and wete it in hote  
oile of camomill as hote as it cō-  
meth from the ouen, oꝛ in oyle of  
spike, and wꝛappe it in a linnen,  
& lay it vpon the payne.

¶ An other remedy.

Put a great boryng glasse bpō h  
nauill, & let it be ther one houre.

Another Remedy for peyne  
of the stomake.

Take two drammes of diacimi-  
non, of dianisi, of diagalāga, and  
dꝛinke it with a little good wine,  
an houre oꝛ two befoꝛe meate.  
To dꝛink two ounces of maluesy  
w a litle of one of h sayed electua-  
ries, is very good foꝛ such peynes  
as

## The Regiment

as pꝛocede of coldnes oꝝ vētositie.

¶ An other remedy.

Take a drāme of galingale in powder and geue it to drinke with a litle hot wine & aboue al thinges foꝝ peyne of vētositie. a singuler remedy is to drinke a litle Castoꝝ with good wine.

¶ An other.

Likewise to drinke. ii. houres befoꝛe meate. iii. oꝝ. iiii. ounces of ꝑ decoccion of myntes, anye seedes cummin, & fine frankensence.

Also it is good to drinke an electuary called aromaticū, whereof ye may receiue one losēg euery moꝝning fasting.

¶ An other special medecine.

Take halfe an ounce of iuice of mints, & ii. drāmes of the iuice of woꝝm:

wozmwood, lignū aloes, & clones  
 & rīo balsamū, of ethe in ponder  
 halfe a scruple al mirt together, &  
 dōke warme ii. o2. iii. houres be-  
 fore meat, are excedīg pzoftitable.

¶ The sixt Chapter of remedies for  
 diseases of the lyuer.

**T**he liuer is one of y pꝑncipal  
 mēbers & chiefe instrument of  
 generatiō of bloud, & of other  
 members: it lieth on y ryght syde  
 vnder y short ribbes, y which is o2  
 dayned to digest y meate y second  
 time, & therof to make humours y  
 noꝛisheth al y mēbers of mā's bo-  
 dy, by his natural heate, cōfoꝛted  
 by heate of the hearte. But some-  
 tymes it is greped by bloud, into  
 much aboundance, o2 by colerike  
 humours, which cause to greate  
 heate

### The Regiment

heate, oꝛ els by fleume that doth  
diminish the same.

¶ A remedy for an hote liuer.

If the lyuer bee to hote, because  
of to much bloud, the person hath  
red bryn, hasty pulse bys veynes  
great & ful & he feeleth bys spattle  
mouth & tonge sweter thē it was  
wont to be, wherfoze it is good to  
bee lette bloud of y lyuer vein on  
y right arme, & to vse lettuce, so-  
rell, purselan, and hoppes in pot-  
tage, and some tymes to drynke  
of the water of the sayed herbes  
fasting, oꝛ els endiue water to re-  
fresh the liuer.

¶ Regiment for disease of the liuer  
comming of bloud.

**Y**e must abstain from drinke  
wine and eating of flesh, and  
if at

## of Lyfe.

if at meat oꝛ dꝛinke ye must other-  
 wyse, the wine ought to bee wa-  
 tred, and the fleshe boyled wyth  
 letuce and sozell. It is better to  
 dꝛinke ptisan, oꝛ stale cyde, & eate  
 booth of peasō, almon milke, hul-  
 led barlye, oꝛ roasted apples, & da-  
 maske pꝛunes, whyles the heate  
 be deminished. And ye ought eue-  
 ry day to pꝛouoke the duetie of the  
 wombe, ether by meanes of sup-  
 positorie, oꝛ els otherwyse.

If the liuer bee ouer hote wyth  
 cholere, the pacypēt hath his bzins  
 cleere & yelow without measure,  
 great thyrst without appetite, and  
 feeletb great burning in his body  
 and cōmonly hath his belly boūd  
 and hath his face yelow.

This disease of the liuer chāceth  
 most

### The Regiment

most in sommer, & soz it ye muste  
take twise in a day an ounce of si-  
rupe of endiue, o2 violetttes, wyth  
a good draught of ptisan, drink it  
two o2 thzee houres befoze meat,  
and also at nighte to bedwarde. &  
so to cōtinue thzee o2 foure daies.

In stede of the sayed sirupes ye  
may take thzee ounces of ptisan,  
o2 thzee ouces of water of endiue  
cikorv and sozel medled together  
soz eche time. Then the fyfth daye  
in y morning early, it is good to  
drin a purgatiō y purgeth choler  
whiche shalbee made as foloweth.

*Recipe* ¶ A excellent purgation for to auoide  
cholere, & may be geuen to men  
of all ages.

**T**ake halfe an ounce of cassia  
newly drawen, a dramme of  
good



of Lyfe

55

good rubarb infused a nyghte in  
water of endine, w<sup>th</sup> a litle spike,  
narde, and an ounce of sirupe of  
violets, mixt all the sayde things  
w<sup>th</sup> thre ounces of ptisan o<sup>r</sup> whay  
& drink it warme, as afoze is sayd  
in the other.

¶ Boles for the same.

In stede of y<sup>e</sup> sayd medicine (which  
is to coltly for pooze folkes) ye  
may make boles of halfe an ounce  
of cassia and thre drames of elec-  
tuariū de succo rosarū, & eate the  
thre houres after mydnyght and  
slepe after it, but all the daye ye  
must kepe y<sup>e</sup> chambze, & if ye had  
rather drink it thā eate it. mixte y<sup>e</sup>  
said boles w<sup>th</sup> whaie o<sup>r</sup> endine wa-  
ter, & drink it at fve of y<sup>e</sup> clock in  
y<sup>e</sup> moznyng, but slepe not after it.

Other

## The Regiment

Other medicines laxatiue.

**no** Take halfe an ounce of diap<sup>z</sup>u  
nis laratiue, mirt with thzee oun  
ces of decoccio of frenche p<sup>z</sup>unes,  
+ water of Succo:pe, and dzinke it  
warne at fīue of the clocke in the  
mo:ning, o2 els fīre houres afoze  
meate. In stede of the said diap<sup>z</sup>u  
nis, ye may take halfe an ounce of  
electuarium de succo rosarum, &  
make a lare as befoze is sayde,

And it is to bee noted, if the pa  
cyent bee verye weake o2 easy to  
woo:ke vpon, ye may take atwaie  
a dzamine both of the diap<sup>z</sup>unis,  
and also of succo rosarum. After  
the said purgation it is good to re  
fresh y<sup>e</sup> liuer w<sup>th</sup> laying to without  
on the right side, vnder y<sup>e</sup> nether  
ribbes, a playster of crotū scan  
daliū,

dalind, spzed bpon a linnen cloth  
of ʒ bignes of iiii. fingers oꝝ bath  
the said place wyth a linnen cloth  
wet in water of endiue, plantain  
& roses warmed together. Bozeo,  
it is good to take euery moꝝning  
befoze meat, a lozenge of triasa-  
daly, and to dꝛink after it endiue  
water. iii. ounces.

¶ Regiment for heat in the liuer.

The pacient must abstaine frō  
fleshy & saltish, strong wine, gar-  
like, onions. mustard, & such other  
hot meats. It is good to vse bꝛoth  
of pease & veriuiue, lettice, poppy,  
spinage, & bozage, & somtime a lit-  
tle vineger, if he be not greued in  
the stomake. This regiment is  
good also in tyme of pestilence, &  
of to great heate.

## The Reglement

A iulep for heat of the liuer.

**T**ake halfe a pound of rose water, one quarter of water of endiue, & v. ounces of suger, make a iuleppe, of which ye shal drinke fasting a good draught, & if ye wil nedes drinke for thriste betwene meales, let it be mingled with ii. parts of water of the wel. And if ye wil haue it more coling ad vnto it. ii. ounces of vineger. or y iuice of a pomegranade. If the liuer be colde, for the fleumatiike matter y is in it, the person hath water whit, & out of colour y face pale, and his mouth watry, little bloud, & selety heuines about his liuer.

¶ Remedy.

We ought to drinke in the morning early, iii. or iiij. squies a fure

ropre called orinell diureticū, w  
 the decoctiō of smalach & persely,  
 o2 with water of smalach & fenel  
 and after he must take to pourge  
 the fleume a medicine made as fo  
 loweth. Take. vi. dzās of diaphni  
 ion yf the person be stronge, o2  
 half an ounce if he be weake, and  
 distemper it in four ounces of the  
 decoction of ꝑ rotoes of smallach  
 persely, fenell, and drinke it luke  
 warme v. o2 vi hours afoze meat.

In steede of the said medicin one  
 may geue. ii. dzams of aga: the in  
 troskiss with water of smallach  
 o2 els good fenel.

¶ An other medecine laxatyue.

Take half an ounce of diacarth  
 mi, o2 half an ounce of diaprunis  
 laxative, o2 asmuch of cleauarisi

℞. ii.

dulce

### The Regiment

dulce wyth thze ounces of persely  
water, smallach, yslope, o2 fenell,  
take it fīue houres afoze meate.

### ¶ Regiment.

The paciente must drinke good  
wine, and vse ginger, cinamon,  
graines of paradylse, anyse, & fe-  
nel, and hot herbes in potage, as  
sage, yslope, tyme, maioꝝā, and a  
uoyde all rawe fruits, & also raw  
herbes. Moreover it is very good  
to make a playster of smallache,  
wozmelwood, spikenard in powder  
with oyle of dil mingle it & lay it  
vpon the liuer.

¶ Against stoppyng of the lyuer  
*called oppilation.*

**D**ilacion o2 stopping com-  
meth sometime in y holow  
nes of y liuer, & it is kno-  
wen

wen by cōpassion & pain of the sto  
make, & it is healed by medicines  
larative, as is declared befoze.

And sometime the opilacion is  
in the vaines of the hollow parte  
of the liuer, & is perceiued then by  
the grieve, which the paciēt feleth  
in his back & in his reins. And it  
is healed by things that open, as  
by sirupes of the threerootes, si  
rupe of bisantius, sirupes of may  
den heare, & by dzyinking the de  
coccion of raisins, fenel, persely,  
smallach, cicoz, or waters stilled  
of the same herbes, Also rootes of  
alilandze is good for y<sup>e</sup> same. &c.  
Sometime y<sup>e</sup> said opilacion cō  
meth of grosse bloud, earthy, and  
melancholike, which the mēbers  
sende vnto the lyuer, and because

### The Regiment

that suche engendred bloude can haue no issue, nor hath any other way to depart to any other member, therfore be the veins of the liuer stoped vp, by the grossenes of the said blood. And it is knowen by the water, that is very hie coloured and cleere.

#### ¶ Remedy.

Geue the paciēt medicines that perceiue subtil, as is wine of pomegranades sirupe of endiue, wpth the decoction of cicers. Then let him blood on the liuer baine and euery morning eate a lozenge of triasandaly. Sometime the sayed appilation cometh of abundance of some humour viscos cold and fleumatike, stopping the baynes of the liuer, and then the bzine is



as clere as clere water.

¶ An other remedy.

The pacient must drinke every morninge the sirupe of orimeil squillitike, wyth halfe a draught or more of the decoction of rootes of smaliach, fenell, and Persely. Sometymes vnto women cometh oppilatiō of the liuer, by retaining of their purgatiōs. Wherefore it is good to let them bloude on the veine called saphena which is aboue on the hier side of the insteppe. And let thē take after the change of the mone, seuē or eight morninges an opiat called triseramagna, euery time an oūce. And after drinke thre ounces of water of mugwozt, yslope, and fenel, as

℞. iiii.

the

### The Regiment

the decoccio of these herbs, or els  
y rotes apperitiue, which be sma-  
lach, peisely, fenel, alisandze and  
asperage, boyled in water wyth  
the iii parte of odoziferous white  
wine.

¶ Medecines for the liuer, that may  
be easly had at all times.

Take a good handfull of liuer,  
wozt, y groweth bpon the stones,  
no & an other of fumitory, with as  
much of hartes tounge, and seeth  
them in whay clarified, & dzyinke  
them euery day twise.

The lyuer of an hare dyed and  
made in pouder, is good for al dis-  
eases, of the Lyuer, as affirmeth  
no Auicene, & other of the Arabians.  
Also for heat in the liuer seeth bar-  
beries in whay & dzyinke them.

The

¶ The. vii. chapter against the  
diseases of the gall.

**T**he Gal is placed in the  
holownes of the lyuer,  
to receiue the superflui-  
tie of cholere, & to sende  
it to y bowels to be auoided with  
the grosse excrements, to thintent  
to clēse the bloud of the sayd cho-  
lere.

¶ To the which there cōmeth of  
tentimes applications in the par-  
ties about by the liuer, oz beneth  
in it selfe, nerte the bowels cau-  
sing great paine, by reason wher  
of, the choler turneth agayne vn-  
to the liuer, and there is mingled  
with the bloud, and spzed abode  
in all the veines of the body, and  
hzedeth a dysease called iaudis  
(ictericia

### The Reglement

(ictericia in latin, wherof be thre kindes, that is to say, yelow iaudis, that proceedeth of choler, called citrine or yelow grene iaudis, which proceedeth of grene choler, & black iaudis that, proceedeth of black choler, which is called melancholy, and commonly cometh of the opilation of the splene.

#### ¶ Remedy for iaudis

If the Jaundis happen in an ague before the .vij. day, the patient is in greate daunger of his lyfe, as Hipocrates saith. But if it appeare in the .vi. day, being a daye iudiciall or criteike of the ague, or after, it is a very good signe.

And then ye must succour nature in refreshing & digesting the choler, wpyth sirupe of violets, given in the

in the morning with water of morel, or sirupe of endiue, wpyth water of cicozpe.

After thys pouрге the choler as is sayed in the remedies of the liuer. And then geue him a lozenge of Triasandall, wpyth Rabarbe, euery morning .ii. houres befoze meate, and dꝛynke a lyttle water of endiue & cicozpe, afoze the sayd Losenge.

Moreouer, it is good to bath the lyuer, as it is sayed afoze, & wash the patients eyes with vineger, & womans mylke, & dꝛynk a ptisan made of barley, lycorice, pꝛunes, and the rotes of fenell.

And if (when the feuer is paste) the iacundis taryeth styl the patient must dꝛynk water of fenell, & morel,

### The Regiment

mozel, with the Srupe of occisaccarium composte, & it is good to lay a quick tench vpon the liuer.

Iaundis some tyme commeth without feuer, and may be healed by thynges that I declared here before, or thus.

¶ An other remedy for the iaundis.

Take four ounces of rabysh, & geue it to the sicke to dzyinke fve moznings, iiii. houres before meat

In stede wherof, it is good to dzyinke euery mozning four ounces of the decoctiō of horehoūd, made in white wine, or as much of the decoction of Cendody and barberies, with a litle hony & saffron

An other Remedy.

Take woymes of the earth called Angle twitches, and wash the  
iii

of Lyle.

73

in white wine, then dry them and  
drinke of the a sponesful at a time  
with white wyne.

¶ An other.

He may lette him drinke. vii. or  
viii. daies together in the mornings  
a good draught of the decoction of  
polytrichon, or of mayden heare.  
The decoction also of woodbind,  
or the water of it distilled in a com-  
mon still, it is a soueraine medicine  
for the said disease.

An other singular remedy.

Take colwes mylke and white  
wyne of eche a pinte, and distyll  
them in a still, kepe that water a  
moneth, & then geue it to the pa-  
cient thre ounces in the mornynge  
two houres afore meate, & lyke-  
wyse after supper, when he go-  
eth to

The Regiment

eth to bedde.

The .v.iii. Chapter for diseases of the splene.

**T**he splene is a member long, softe & spongy, being in the lefte side ioyned vnto the holownes of the stomake, & to y<sup>e</sup> thicke ends of the rybs, and to the backe, the which is ordeyned to receyue the melancholy humours, & to clense the blood of the same, for by that meane the blood remaineth pure and neate. Wherfore it is good nourishynge for all the members, & is the cause that maketh a body mery, but oftentymes there happeneth oppilation or debilitie, wherof cometh the black iaudis.

And sometymes it is greater, fuller,



fuller, or grosser then it ought to be, by ouermuch melancholy that is not natural, caused of y<sup>e</sup> dregs of the bloud engendred in the lyuer, a doeth hynder generacion of good bloud where throughe y<sup>e</sup> members becomē dry for default of good nourishing, and therfore the paciēt is called splenetik, which ye may know by that, y<sup>e</sup> after meate, they haue paine in their lefte side, & are alwayes heauy, & hath their faces somewhat enclinyng vnto blacknes.

## Remedy.

In oppilacions and apostemes of the splene, whether it be of hot humours or of colde, he ought to be let bloud on the splene beyne called saluatella which is in y<sup>e</sup> left hande

### The Regiment

hande, betwene the litle finger, & the next finger which they cal me dicus, and ye must draw out but litle blood.

And if the pacyent feele a burning on the left side, and hathe a drye tongue wythout appetyte, it signifyeth that such disease of the splene, is caused of a hot humour. Wherfore ye must geue the patient four or five moznigs fasting, sirupe of endiue water, & hairetonge, then a purgacion made as foloweth thus.

A goodly purgacion to auoid  
melancoly.

**T**ake halfe an ounce of succo rosarum, & thre ounces of the decocciō of y roots of capparus and hartstong  
and

and make a dꝛynke the which ye  
maye minyſter in a good daye to  
take purgatiōs, ſixe houres afore  
meat.

¶ Another.

In ſtede of y dꝛink ye may tēper  
halfe an ounce of caſſia, and three  
dꝛāmes of dialeny, in three cūces  
of whei, oꝛ hartſtonge water, and  
dꝛinke it as is aforeſaid. After the  
ſaid purgacion, ye ought to an-  
noynte the ſplene with oyle of vi-  
olettes, oꝛ oyle of lynſeede, oꝛ to  
make a plaiſter of the ſayd oyle &  
lineſeede, and y rotes of capparis,  
& lay vpon the ſplene.

Alſo after y ſaid purgaciō, it ſhal  
be good to lay vpo y ſplene: night  
ſhad purcelan ſeede, & powder of  
plantine myrt with vineger, lyke

### The Regimēt

a plaister, & if y<sup>e</sup> pacyēt haue more appetite then he can dygest. & that he haue belchinges of the stomak, sometymes soure in the mouth, it signifieth that y<sup>e</sup> passion splene-tyke, cometh by a colde humoure melancolike.

#### ¶ Remedy.

We muste drinke syzupe of styca-  
dos, or hartestong, or orymel diu-  
reticum with water of the decocti-  
on of hartestong, epithime, smal-  
lache rootes, parcely rootes, ta-  
meriscus, and mintes, or els ones-  
ly with the decoctiō of hartestong  
and rootes of capers. And then af-  
ter purge it frō such melancholye  
humor, with an ounce of diacotho-  
licon, and two drammes of diase-  
ne, dissolved in three ounces of y<sup>e</sup>  
saied

saied decoctiō oꝝ water of woꝝme,  
wood oꝝ hartestong.

And after this ye must annoynt  
y<sup>e</sup> syde of y<sup>e</sup> splene, w<sup>th</sup> oyle of lilies  
oile of oil fresh butter, mary of an  
ore & hēnes greace, oꝝ of a dogge  
medled together, oꝝ annoynte the  
saped side with dialthea.

And the pacient ought to dzyrk  
white wyne, and the decocepon of  
hartestong, euening & moꝝninge,  
takinge two figges, w<sup>th</sup> pouder of  
Zlope, pepper oꝝ gynger, but he  
maye putte no water in his wyne  
and oftentimes he muste eate ca-  
ppes, with a litle oyle & vinegar.

If for the oppilations of y<sup>e</sup> splen y<sup>e</sup>  
paciet hath a pale colour, oꝝ leady  
in y<sup>e</sup> face, & a whilnes of ries takig  
awai of appetite, pain in y<sup>e</sup> left said

L.ii. With

### The Regiment

with hardnesse, and hath his excre-  
mentes black, as it is a signe of y<sup>e</sup>  
black iaundis.

An expert medicine for al dis-  
eases of the splene.

**T**ake the leaues & coddess of  
senie the barke of an Ashe-  
tre scraped & cut maide here  
hartestog & liquozice, seeth  
them all in clere whay & after they  
bee strayned, Drynke of it twice o<sup>r</sup>  
thrice a day till ye be amended.

Remedy for the blacke iaundise.

**Y**e must geue sirupes & pur-  
gations, as afore is sayed, &  
to bee let bloud of the veine  
saluatella, and afterward diuers  
tymes euening & morning, to ap-  
ply ventoses vpon y<sup>e</sup> splene with-  
out sacrificing. Afterward ye must  
laye

laye on it a lyfte, wette it in good  
byneger, and keepe it ther so long  
as y heat remaineth in y said list,  
& warme it thzee o2 foure tymes.

Afterwarde annoynt the splene  
with dialthea, & so continue foure  
o2 fyue dayes, and other foure o2  
fiue daies lay vppon the plaister,  
made of two ouces of gumme ar-  
moniake, dissolued in Wyneger &  
spred vpo lether. And if by y fo-  
saide thynges the pacient bee not  
eased, the doctours of phisicke saie  
that he must receiue y medicines  
again, at y least once in euery mo-  
neth, fo2 halfe a yeaere together.

Regement for al oppilacions.

The pacient oughte to vse  
thinges of easpe digestion, and in  
small quantitie, and ought to ab-

L.iii. Raine

### The Regiment

staine from bread to lytle leuened cakes, tartes, pasties, pies, hogs flesh, biese, and poudzed meates & sumishe. Fishe, limmons, peason beanes, mylke, cheese, ryse, & firmentie, al fried meates, drink after supper, wyne & appels, which with all other lyke trouble & boebye. Also ye muste abstayne from much mouyng or exercise by and by after meat.

It is good to vse Capres, asparage, hops both of dried peason, with parsely, or hys rootes, smal birdes of the fielde, kyddes fleshe, ponge motton, lambe, chikyns, so lawntes, snites, partriches, scaled fysh, of swete runnyng water, with perselye, and vineger. Welolaged egges potched in water, are  
very



very holsoine, and ye may drynke  
white Wine oz claret, onelie at  
meales.

Also it is good to vse cresses,  
sage, ysaie, myntes, fenell, and  
persely, succozie, scariole, and  
beetes, and singularlye, to take  
fasting, halfe a sponesfull of redde  
Colewortes sodden, and to eate  
often anyse seedes, and fenell.

¶ The ninth chapter for diseases  
in the bowels.

**I**f a person bee sixe guttes  
three smal which are situate  
ouer thenauill, and three  
great, which are placed vn-  
der the nauill.

The first is called dudennum,  
because it is. xii. ynches longe.

The second is called ieiunū. sc;  
℞. iiii. that

### The Regiment

that nothing remaineth in it.

The thirde is called Illis, because it is long and small.

The fourth which is the first of the great ones, is called monoculus, because it is like a sacke, and hath but one mouth, & in y same sometimes are woꝝmes engedzed of ventositie, that causeth payn of the belly on the right syde, which is not the very cholike.

The fifth they cal colon because it hath many holow places and it pꝛocedeth from the right syde vnder the liuer, & it maketh bys resolution vnto the left syde, wher in is engendzed y cholike, which is dispersed by all the belly, moze then by any other disease.

The sixt is called rectū, because it

is nye vnto y left kidney, & goeth  
euen right dowlon in y foundamēt.

Hipocrates calleth y thzee bow  
els that ar next the stomake Iliā,  
that is to saie, small guts, and the  
payne of one of them is called Ili  
aca passio, a very sharpe payn. Ka  
kis calleth it Domine miserere. Like  
wise also colica passio, is called of  
y gutte colō which ii. diseases are  
sisters, forasmuch as they come of  
tentimes both of one cause that is  
to say of y oppilaciō of y bowels.

Remedi for the cholik, & of Iliaca passio

**A**s muche as those disea  
ses are excedynge eygre,  
sharpe, and almost importa  
ble of peine whereof many  
tymes foloweth defeccyon of the  
strength, wyth varietie of medeci  
nes,

### The Regiment

nes, ye ought incontinently so; to helpe them.

First when þe sayd paines come by the stoppyng of the belly, ye must geue hym a glister mollificative, made of the decoction of malloves, violets, beetes, amise sede and fengreke, with cassia, & common hony, and oyle olive, & afterwards the herbes of the saide glister brused and fried and laide hot betwixt .ii. linnē, & applyed to the belly. And if by this meanes the paine ceasse not, let the pacient sit vnto the buttockes in the sayd decoction, and after with dialthea & butter, annoynt the nauil. And if the saied glister do not worke sufficiently make another of þe same or els geue hym a suppositoꝝe  
which

which is longe ymough, made of pure hony, and sal gemme.

¶ For the windy cholike.

Throug windines oftentimes commeth the colica passio, or iliac, and then it appeareth that the paine is chaungeable, & mouinge from place to place, and is knowen also by the rombling, which is a noise in the bowels, wyth griping, & great pain.

Remedy.

Take mallowes, beetes, & mecury, of eche a good handfull, marigold, rue, bayes, and camomil, of eche a litle handfull, anise seedes cummin, of eche an ounce make a decoction, and take therof a pynte and a halfe, and dissolue in it an ounce of Cassia, halfe an ounce

### The Regiment

ounce of triacle, & three ounces of  
oyle olyue, o2 of camomil, & make  
a glister, the which must be geuen  
warne vnto the pacient, long be-  
fore o2 after meate. In stede of y  
sayed glyster, ye may geue him a  
pounde of oyle of linsede, whiche  
is a singuler thing to take awaye  
all diseases of the belly. Also it is  
good to make a mixture with oile  
of hempesede.

¶ For to appease the paine  
caused of winde,

First make a glister of malue,  
say, oile of camomil o2 oyl. If for  
y said glisters y paine cease not o2  
els y paciēt will not take thē, ake  
a great sponge o2 els a felte of a  
bat and stiepe it in wyne of y de-  
coction of rue, camomil, maiorā,  
anise

anise sedes, & cummin. And after warde laye it vpon the payne, as hote as the pacient can suffer, and iiii. tymes in the daye it is good to let hym drinke wine, wherin hath bene sodde rue seedes, carawates and cūmin. Drinke at euery tyme a litle draught, and eche day kepe abstinēce from eating & dꝛynking muche of ether thinges tyll ye be perfectly hole.

¶ A suppository for the windy cholike.

**T**ake a dzāme of rue, in fine pouder, and halfe a dzāme of cūmin dꝛyed & poundꝛed, & w<sup>th</sup> hony scummed, make a suppository.

¶ A plaister for windy cholike.

Take two handfuls of rue, in fine pouder, myrre, & cūmin pouder

### The Regimēt

dred of eche halfe an ounce, foure  
egges yolkes, and make two plat  
sters wpth hony, and laye on the  
one at night, and the other in the  
morning, vpon the belly.

Water of Camomill oꝛ a deco  
ction of the same dronken is good  
foꝛ them that haue such diseases.  
Also a dꝛyed akorne in pouder, &  
genen to dꝛynke with white wine  
is very good.

If ye knowe y<sup>e</sup> the payn of y<sup>e</sup> belly  
cometh thꝛough wind, apply vpo  
it a great ventose without inci  
sion foꝛ by y<sup>e</sup> meanes y<sup>e</sup> said paine  
wil surely goe away oꝛ diminish.  
If not, it sheweth y<sup>e</sup> there is some  
humours y<sup>e</sup> causeth the said payne  
as fleume oꝛ choler. If by fleume  
it cometh ye muste make a glister  
of



of a pynte of þ decoccion of camo-  
 mil, rue, woꝝmwood, maioꝝam,  
 melilote, centaure, anise seedes, &  
 fenel, & in the same decoccion put  
 halfe an ounce of hiera píera, oꝝ  
 halfe an ounce of diafinicō, & .iii.  
 ounces of oyle of byll, oꝝ of lilies.  
 Also ye ought to geue to þ pacyēt  
 sirupe of woꝝmelwood, & to make  
 applicaciō vpon his belly as hath  
 bene sayde afoze, oꝝ to laie vnto it  
 gromyll seede & bay salt dꝝped to-  
 gether, which layd vpon þ belly,  
 is lykewise good foꝝ the wyndy  
 cholik.

¶ If after the said things the sayd  
 payne rōtinueth, ye muste make a  
 purgation as foloweth.

¶ A purgacion for cholike, com-  
 ming of flegme.

Take

### The Regiment

**T**ake five drammes of diast  
nicō, three ounces of worm  
wood water and make a  
drinke, the which receiued  
fasting, soure or five houres afore  
meate is very profitable.

¶ For paine of the cholike com-  
ming of choler.

If the saied paine commeth of  
choler, which is known when by  
the application of hote things the  
payn encreaseb, ye must make a  
glister of Violettes, or geue hym  
halfe an ounce of succo rosarum  
w<sup>th</sup> ptisan, endiue water, or wyne.  
And the next morning lette hym  
drinke a ptisane, of the decoction  
of prunes, and Violet floures, &  
annoit y<sup>e</sup> belly w<sup>th</sup> oyle of Violets  
or wet a lynnē cloth in colde wa-  
ter,

fer, and lay it thereupon. If it do  
continue still, the pacient muste  
be sette in warm water by to the  
hanches, and if the payne come  
of colde, ye must annoint hys bel  
ly with olie of bayes & gasegrece

For the windye cholike.

If it be wind, make a glister of  
newe milke with a litle oyle, and  
the yolke of an egge, for it is very  
good. Also it is good to let hym  
dinke a dzame of hieraptica sim  
pler, with ii. ounces of water, of  
cardo benedictus, or purcelane or  
wormwood, & to make a plaister  
of lecke leaues fryed in oyle and  
vineger, & laid vpon the belly.

Like wise it is good to drinke the  
iuyce of Cnula campana, or the  
sirup therof, & to weare a plaister

¶ i.

vpon

## The Regiment

opō þ belly, made of hony, woꝝm  
wood and aloes.

¶ A glister for all cholike.

Take the eldest cock ye can get  
þ which must be wel beaten with  
smal rodde, and then chop of the  
head, and putte in a good suffici-  
ency of water, and scald him and  
trim him so; to seeth. And within  
the belly of the saied cocke, put a-  
nise sedes, fenel, cūmin polipody  
& the sedes of cartamy, of ech half  
an ounce, turbith, sene, & agarike  
bounde surely in linnen cloth, of  
ech two drammes, floures of Ca-  
momil an handful. sieth thē vntil  
the fleshe go from the bones, and  
take of the saied decoccion a pound  
& a quartron of oyle of camomil,  
and bill, and thꝛee oꝝ four odces  
of

of egge yolkes, make a Clyster,  
which must be geue warm, long  
before or after meate or drinke.

Pillule cochie are verie good  
for the said disease, specially whē  
the glister doth not suffice to purge  
the cause of the same.

Also diamusci and diacimmarum  
are very good lectuaries, if ye take  
of one of them a lozenge faste,  
two hours before meate. Likewise  
it is good to take methyrbatum,  
with a litle white wine, or with  
decoction of camemil, four or five  
houres after dinner, if his belly be  
naturally late, or els by some sup  
positoary or glister.

Against diseases of the reins, of  
the backe and the loines.

¶ ii.

Barre

## The Regiment

**A**yne of the rains is called nephretica passio, & cometh of some stone or grauell, & it is most like to the colike in cure, but in causes thei be clene contrarie: for the collike beginneth at y lower part on the right side, & goeth vp to the hier partes on y left side of the belly, & it lyeth rather more forwarde then backward: but nephretica passio beginneth contrary wise aboue, descending downeward, & euer lieth more towarde the backe.

Also nephretica is painfuller after meat, and the cholike is euer more greuous after. And often y cholik chaunceth sodainly, but nephretica contrary, for commonly it cometh by little and litle for euer,

uermore befoze, on shal fele pain  
of the backe with difficultie of v.  
ryne. Item ther is moze differēce  
foz the cholik sheweth bynes, as  
it were coulered, but nephretica  
in the beginning is clere & whyte  
like water, & after wareth thpyck,  
and then appeareth in the bottōe  
of y vessel like red sand oꝝ grauel

Remedy for peine of the reines.

**Y**e muste vse thinges aperi-  
tue, to cause you to make  
water, but afoze ye oughte  
to lose y belly in taking an oūce  
of cassia an houre befoze meat: but  
your belly be hard bouūd, ye must  
take a glister made as hereafter  
soloweth, befoze ye take the sayd  
cassia.

A glister for nephretica passio.

℞. iiii.

Take

### The Regiment

Take of march mallow rootes,  
two ounces, mallowes, violettes  
beetes, & march mallow leaues,  
floures of camomil and mellilot,  
of ech an handful, mellon seede, &  
an se seede of ech half an ounce,  
wheat byanne an handfull, & de-  
coct it, & take therof half a pound, &  
distemper in it an ounce of cassia  
and an ounce of course Sugar. ii.  
ounces of oile of violets, & an ounce  
of oile of lillies, make a glister.  
In steede therof ye may take cows  
milke, wyth two egge yolkes, in  
maner of a glister. And it is to be  
noted, that in suche a dyssease the  
glister must be great in quantity  
o: els ye should make wesslinge  
and rumbling in the body, which  
should be an occasiō of moze pain  
After



After this operation, if the paine  
be not appeased, ye must giue an  
other glyster, after the operatiō of  
whych, the paciēte ought to go into  
some bath, vnto the nauil. wherein  
must be sodden mallows, march  
mallows beets, pellitoze linsede,  
fennigreke & flowers of camomil,  
with melilot al put in a bag in the  
said water, & rub him with it: and  
at his goyng out of the said bath,  
ye must take. ii. ounces of syrope  
of maiden heare, and radish, with  
iii ounces of the decoction of Li-  
quirice. Moreover, after the sayd  
bath, ye must lay vpon the paine  
a pultes made of herbes & flowers  
wth oyle of almondes, being in  
the saide bagge, and two or thre  
moynyns, take. v. or. vi. ounces  
¶.iiii. of

### The Regiment

of the broth of cicers, sodden with  
likorice, or els dryncke water of  
pelitory, or of cresses, of rotes a-  
peritiue, the which waters are ve-  
ry good for to purge the grauell  
e the stone. Likewise a very good  
electuary for the same. called elec-  
tuarium ducis, or iustini, philan-  
tropos, or liontripon if one take a  
dram or two after operation of a  
glister, of Cassia, or a pill of ante-  
cium, and after to drinke one of  
y<sup>e</sup> aide waters, or els a litle whit  
wine warmed.

¶ Regiment aswell for the colike, as  
for the reins of the backe.

**H**e must flie from all euill  
qualities of y<sup>e</sup> aire, as wind  
rain, great heat, and great  
cold, specially to kepe him  
from

from warming the reins against  
the fier, no; to heate it by any o-  
ther means. Also he must abstain  
fro great repletion at one meale,  
& to long abstinence from meate,  
fo; all these fil the body ful of yll  
humours. Also sleape not on the  
day, specially after meat, no; lye  
not on the raynes when ye are a  
slepe.

And ye ought to eate no saltfish  
no; no bief, no; other gros meats  
Likewise on ought fo; to beware  
of al foules bred by in the water,  
spicery, pastry, & b;ade not very  
well leuened, specially Tarts,  
cakes and other pasties made of  
floure. But aboue all, ye must be  
ware of white meates, as milke,  
cheese rawe frutes, hard egges, &  
as much

### The Regiment

asmuch as is possible, kepe your  
selfe from ire, enuy, melancoly,  
and other like affections.

¶ For the fluxe of the wombe.

**A**ll fluxes of the belly,  
cause the excrements to be  
duly searched for, if the dis-  
ease be such that the meat cometh  
out, euen as it was receyued, or  
not halfe digested, the sayed flux  
is called linteria. If great abun-  
dance of watry humours haue  
their issue below, the said fluxe is  
named diarthea, which is asmuch  
to saye as fluxe humozall. And if  
bloud or mater appeare wyth the  
excrements in sicknes, the they cal  
it disenteria, which is a great dis-  
ease & a dangerous for to cure.

¶ Remedy for the fluxe Linteria.

¶ For

**A**s much as this flure  
 for the most part of great  
 debilitie of vertue reten-  
 tue of the stomake, for &  
 greate moynes of the same, it is  
 good to geue the sirupe of woꝝm-  
 wood and hony of roses takinge  
 of it with a spone, or drinke them  
 with the water of betony, fenel, &  
 woꝝmwood, & if it so be the paciēt  
 do desire to vomite, it woulde be  
 good for him, or let him take half  
 an ounce of hiera simple, with. ii.  
 ounces of water of woꝝmelwood,  
 & if the pacient be strong inough,  
 adde therto. ii. drammes of Diast-  
 nicon. And after this ye must co-  
 fort the stomake with oile of ma-  
 strike, spike, minte, woꝝmelwood,  
 or nardine, or with a plaister cal-  
 led

The Regiment

led cerotum Galeni, spread vpon  
leather, and after laid vpon the  
Stomake, or make a bag of worm  
wood, mintes, and maioram dze,  
ed, and lay it vpon the Stomacke  
In the morning take an lozenge  
of aromaticum rosatum, and a li-  
tle rinde of citron comfit, and be-  
foze euery meale, take a morsell  
of conserue of quinces.

Remedy for the fluxe humorall  
*called diarthea.*

**T**he saide fluxe ought not to  
bee restrayned afoze the  
iiii. daye if nature be not  
very muche ensebled. And some-  
time it cometh of hote causes, as  
of choler, and then one ought, to  
geue vnto the pacient to drinke  
afoze his meat Grupe of ribes, &  
rupe

rupe of roses, oꝛ sirupe of quices  
bery smithes water, and in y<sup>e</sup> steed  
of those sirupes ye maye make a  
iulep thus.

A iulep for the fluxe humorall.

**T**Ake rosewater, buglosse, &  
plantatne, euery one halfe  
a ponnd, of all the saunders  
toſw dꝛammes, and with a quar-  
tron an halfe of suger, make a iu-  
lep. In the morning two houres  
afoꝛe meate, it is good to geue y<sup>e</sup>  
patient old conserue of roses, oꝛ  
a dꝛam of trosciskes of roses, after  
he hath dꝛonke one of the saide si-  
rupes, oꝛ of iulep of roses with a  
litle of smithes water, whercof y<sup>e</sup>  
patient ought to dꝛink at euerye  
time when he is a thriste. If in y<sup>e</sup>  
said fluxe ther be egre matter, &  
the

### The Regiment

the strength of y<sup>e</sup> pacient any this  
cōstāt, ye may minister y<sup>e</sup> lauatori  
that hereafter ensueth.

Take redde roses, barly, plan-  
tain, of euey one a handful, sieth  
them, & in y<sup>e</sup> streining adde two  
ounces of oile of roses one ounce  
of hony of roses, & the yolke of ā  
egge, and glue it in the maner of  
a glister Sometime it is expediet  
to make a medecin by the mouth  
and it is made as thus.

A medicine for the fluxe.

Take the ryndes of mirabolani  
citrin baken one dramme, rubarb  
a little dried vpon a tyle, halfe a  
dram, sirup of quinces one ounce,  
water of plantaine three ounces,  
minge all together, and lette the  
pacient drinke them four houres  
befoze



before meate, and then geue hym  
a glister retentive made as thus.

¶ A glister for the fluxe.

Take oyle of roses, oz quinces, *no 6*  
of mastike, of euery one thre ou-  
res, bole armoniacke in powder. ii  
drams, medle altogether, & geue  
it as a glister.

¶ Another.

Take the iuyce of plantain, of  
poppy, of bursa pastoris, and oyle *no 6*  
of quinces, of euery one. iii. ounces  
minge them together, and geue it  
for a glister. And if the bowels be  
excoriate, ye shal geue this parti-  
culer remedy. Take halfe one  
pounde of mylke, the water wher  
in gaddes of Steele hath ben quē-  
ched, the iuyce of plantine, & oyle  
of quinces of euery one. ii. ounces,  
bole

### The Regiment

bole armonie one drame, goates  
tallow one ounce and make the  
in a glister, but without vpon the  
stomake ye must laye this ointe-  
ment that here foloweth.

An ointment for the fluxe

Take oiles of roses, quinces, &  
mirtilles, of eche an ounce, oile  
of mastik halfe an ounce, pouder  
of corali, and nuttes of ripresse,  
of euery one a dramme, mingle  
all with war, and make an oint-  
ment. Here is to be noted, that  
glisters that are giuen for to stop  
a fluxe, must be very litle in qua-  
ntitie. We maye heale the fluxe of  
dissenteria with geuinge thinges  
before declared for the fluxe hu-  
moral, & take afore your repaste  
ii. drammes of cōserue of quices

oz of marmelade of quinces. And he ought to drinke water, wherin hath bene quenched gads of stele. & ye must auoid diuersity of meat and geue your self to ease, and to quiet, and slepe a great while.

And it is good to vse grewel, clere barley, & almond milk, with a litle amidū, & set ventoses vpon the belly without cutting, whych thing is also good in all flures of the body. If the said flure humo- rall procedeth of fleume, it shall appeare of the excrements that are watry & flegmatike, and then ye ought to geue iii. oz. iiii. moznigs sirup of wormwood, oz of minte, after purgacion as is here solow- inge.

A purgacion for the flux humorall.

R. i.

Take

### The Regiment

Take. ii. Drams of mirabolanes dried on a tile, half a scruple of agarike in troscike, half an ounce of sirupe of mint, oz. ii. ounces of water of baume, and make a posien that shalbe receyued thre or four daies afoze meate.

If ye wil make a iulep, take water of mint and of baume, of euery one halfe pound, suger a quarterne & make a iulep, of h̄ which one may drinke eueninge & morninge after meate, euery tyme a good draught. Euery morning it is good to take a lozenge of the electuary that foloweth.

¶ A noble electuary for the fluxe.

Take pouder of diagalanga a dramme and a halfe, of redde coral & mastike, of euery one a scruple

ple, trocyskes of terra sigillata  
halfe a dramme, the barkes of ci-  
trons confit, and quinces, of eue-  
ry one iii. drams, suger, dissolued  
in water of mints soure ounces,  
make an electuary.

Oiles of wormewood, minte,  
& of narde, and mastike, are very  
holsome to annoint withal the bel-  
ly, & the stomake, for the said fluxe

And the thinges declared of the  
fluxe Lienteria, be verye good in  
this case, taking after meat a mo-  
sell of marmalade, Red wine is  
very good in this fluxe. to drinke  
at meat with y water of a smith,  
and likewise all spyes are good  
for the same purpose.

Medecines to restrayne the fluxe, of  
what cause soeuer they be.

R. ii.

Take

### The Regiment

**T**ake the peisil of an hart, & drie it into pouder, & drinke it. The water of okē buds or the very acornes dyed & made in powder and drouken in redde wine, is very good.

Item the maw of a yong leue, ret with the iuice of plantaine, is exceeding profitable.

The tenth chapter of diseases  
of the matrice.

**T**este againste superfluous flure of the mother in the which ye must cōsider whether it do come of to great quantity of bloud, & the it is good for to open the vein saphena, & abstaine from al things that multiply the bloud as egges, wine and fleshy. Or whether it cōe of choler,  
and

and then ye muste receiue a litte  
sirup of roses pomegranates, oꝛ  
ribs w̄ water of plantaine. The  
pouge the choler & geueth such  
sharpenes to the bloud, by .r. dr̄as  
of trisera saracenica, with two oū  
ces of plantaine water, oꝛ w̄th  
ȳ medicin of rubarb w̄iten in the  
treatise of the flux humoral.

After purgacion ye may geue e  
uery moꝛning a lozenge of trya  
sandalg, oꝛ a dr̄am of troscisks of  
roses in pouder, after drinke two  
ounces of plantain water. And yf  
such fluxe of the matrice, happen  
of the watrines of bloud, geue her  
to drinke iiii oꝛ v moꝛninges hony  
of roses w̄ a litte water of woꝛm  
wood, afterward purge her w̄th  
a dr̄am & an halfe of Agaryke in

℞ iiii,

trosc.

### The Regiment

froscakes, and halfe an ounce of  
trifera sarasenica, mirt with wa-  
ter of mint, & of woymwood.

Ye may know the causes of the  
flure, by annointinge a threde or  
cloute in the sayed blood, soz if it  
hath the coloure of vermilien, it  
signifieth that the flure cometh of  
to much blood. If it apere a little  
yelow, it signifieth that the disease  
cometh of the subtilty & sharpnes  
of the blood, overcome with cho-  
ler. And if it hath a colour lyke the  
water in which newe fleshy is was-  
hed, it betokeneth the bloude is  
much watry.

And after ye haue purged the  
principal cause of the disease your  
second intencio shalbe, by & by to  
saunty the sayed issue. Wherein  
also



also one thing is to be noted, y<sup>e</sup> yf nature be accustomed to auoyde any superfluities, by contynuall course of y<sup>e</sup> said flux, it wold perchaunce be incōueniēt for to stop it wherfore if ye see no ieopardy, ye may restrain y<sup>e</sup> said flux this wise

¶ Remedy for to stop the said flux.

Take trosciskes of white āber, and make them in pouder, & giue a dram euery morning, and anon after drinke an ounce, or. ii. of water of plantaine.

In stedde of these troscisks, ye may make a pouder of sanguinis draconis, bole armeni, white amber and redde coral, drinking one dramme thereof, with plantaine water as is aforesaide.

An

## The Regiment

¶ An other medecine to staunch  
the sayde fluxe.

Take two ounces of old cōserue  
of roses, of the seede of plantaine,  
two dzams, sanguinis draconis,  
bole armeny of euery one a dzant  
and an halfe, white coral & red, &  
one dzant, make a confectiō of mir  
tilles, and geue it to drinke mōr  
ning and euening two houres a  
fore meate, at euery time the qua  
tity of a meane chestnutte.

¶ For the same.

Apply ventoses vnder y<sup>e</sup> bzeasts  
twyse a daye, befoze dynner and  
supper, & vse to beare about your  
necke, or holde alwayes in youre  
hande, redde Corall, Jaspis, or a  
stone called hematites, which is a  
singuler remedy fo; to stoppe e  
uery

uery kynde of bloude flures yf it  
be bozne, oꝛ tempered in wyne &  
Dronke, oꝛ make thereof a pouder  
and vse of it euery moꝛning with  
a litle wine.

For the retheyning of flowers. *not*

Sometimes ther chanceth vnto  
women, when they can not haue  
their due purgatiōs, to fal in gre-  
uous kindes of sickneses, soꝛ the  
auoydance whereof, it is good to  
helpe them and pꝛouoke the sayd  
purgations by such thinges as o-  
pen, which must be geuen at such  
time of the mone as the sayd wo-  
men were wont to haue the same  
And if ye see the womans bloude  
to be to grosse & thicke, so that she  
can not haue any such purgation  
ye must euery moneth geue her y  
syrups

### The Regiment

sirupe of fumetory, with the decoction of borage and buglosse, and let her bath her selfe wyth freshe water hote.

And when she goeth out of the bath into the bedde, she must receiue the foresayd sirupe & decoction of the herbe called rubea tinctorum or madder, sodden in cleere water. In steede of sirups ye may take the very iuice or decoction of the herbes.

And if the womans bloud be stinky, cold, and flegmatike, the she must drinke sirup of Ricados, and of crinell diuretique, & afterward take the pilles called Pctide, & of agarike. And euery morning after that, she must take a dram of trosciskes de mirrha with. ii. ounces

res of the decoction of iuniper berries, oꝛ ii. dzains of dzifera magna, and therupon dzinke two ounces of water of Bugwozte.

And if perchance ye cānot haue these things at nede, ye may take two ounces of the decoction of alysaunders, the roote of smalach, cinamome, and a little saffron, & let her dzinke therof two tymes a day, and eate no meate thereafter duryng four houres.

Moreouer it is a pꝛoued and experte medicine, to geue the fyrste day of the newe moone a dzain of pouder made of Bozar whych the golde smithes doe occupe wꝛth as much cinamon, and a litle water of smallach.

Also it is verye good to haue the

### The Regimene

the vein opened which is called sap-  
phena, y lieth outward, betwene  
the insteppe and the heele.

And if case so be y the said refer-  
riō cōe of superfluity, or to much  
abundance of fat, then the chief re-  
medy is to suffer much hunger, &  
to eate very little, much exercise  
and labour to prouoke sweat, & to  
sleepe as litle as may be possible.

But if it come of great debility  
and weakenes of the body, when  
the natural strength is overcome  
by reasō of some sickness, or after  
a longe ague, in this case ye may  
not go about to prouoke the sayd  
purgacion, but with all your en-  
denoure seeke to restore nature,  
and geue the patient thinges of  
much nouryshmente, as potched  
egges

egges, good flesh, and good wine  
with other like.

Sometime the sayed retenciō  
commeth of the excessive heate of  
nature, in some women, specially  
suche as be valiaunt and stronge  
as men, and those that are wont  
to much labour, by reason wher  
of the heate of their bodyes is so  
strong, that they nede none of the  
said purgacions, for the superflu  
ities of their bodies are sufficiēt  
ly consumed of the heate alone,  
therfore they haue no nede of the  
said remedies.

For choking or suffocation

*of the matryce,*

**T**he matrice or mother in a  
woma ostentimes moun  
teth by toward y midrese,  
and

### The Regiment

the stomake, w<sup>th</sup> intolerable pains  
and is called suffocation, because  
that it is choked, or overcharged  
with some euill and superfluous  
matter, as by stoppyng of the due  
purgations, or to much abstinence  
of Venus, wherby is often chaū-  
red shortnesse of breath, payne of  
the heade, swooning, tremblinge  
of the hart, contracciō of mēbers,  
and otherwhyles death wythoute  
remedy.

*A medicine for the sayd disease.*

**Y**e muste rub the legges and  
wrests of y<sup>e</sup> armes vehemēt-  
ly, & binde them with cordes  
or with garters, til they war soze,  
then set ventoses vpon the leggs,  
and all to chase the stomake spe-  
cially beneath rōunde aboute the  
nauyll.



naupll.

And then ye muste conffrayne  
her to smel sinkinge thinges, as  
assa fetida, galganum, partrich se  
thers bzent, and the quenchynge  
out of candels, with other suche,  
but beneth, ye must apply thinges  
of sweete odore, as gyloflouers,  
maiozam, lignum aloes, amber,  
ciuet, & a trosciske of gallia mus-  
cata, & let her drinke a draught of  
this recite that foloweth.

A drinke for paine of the mother.

Take one draught of mithrida-  
tum, & dissolue it in an ounce and  
an halfe of water of woꝝmwood,  
& geue it to her to drinke, afoze she  
go to meate foure houres.

¶ Diuers goodly medicines for diseases of  
the mother whatsoeuer be the cause.

Take

### The Regiment

Take the rasinge of iuory, and  
the rasynge of an hartes hozne,  
with the beare of an hare, dzyed &  
made i pouder, & asmuch of gotes  
clawes bzent and poudzed if they  
may be gotten, o2 in stede of it the  
pes clawes, take al these & vse to  
cate them i your porage o2 other-  
wise, to stop y flures of y matrice

*Re. pr. 100* An other to prouoke them.

*Re. pr. 100* Seth marigoldes, nept & sauiue  
in good ale, & drik it with a good  
*flow* quantitie of saffron, & a litle boni  
*rb.* o2 suger.

*g. v.* Item. rb. blacke sedes of pionie  
dzonken i wine with saffron, pur-  
geth y matrice of humours and  
other. rb. of y red sedes staucheth  
it again, o2 any other flure of the  
mother.

An other,

These

These herbes are good to purge  
the matrice, Rue, pyony, sauine,  
betony, nept valeriã, maidē heare  
hozehounde, sauery, percelly, gro-  
mel, alisander, marigoldes smal-  
lacke and tyme.

¶ The. xi. Chapter of the cure of the  
stone in the reines, and in the  
bladder.

**A**yme of the stone is in one  
of þ most enozmous paines  
that þ body of man is ver-  
ed wyth, for by it manye  
times þ naturall vertues are de-  
stroyed, women lose their frute a-  
foze the time, cruel & perilous ac-  
cidētes cōmonly do encrease, yea  
& oftētimes death without remedy

Wherfoze it shalbe expedient to  
the comfort of þ pooze folkes, and

D. i. other

### The Regiment

other y be greued, to wypte some good and hol some medicines for auoiding of the stone.

And seeinge that all authoures dooe affyrme the stone to bee engendred by reason of the greates heate that is aboute the reynes, stratenesse of the condytes, and abundance of grosse and slimye sleume or of hent choler, whiche by the said excelle of heate, is as one would saie, baken or dried as clay is in the sournes, & so at last becommeth an harde stone, therefore it is chiesely to be noted that without amending of y sozelayed causes, all that ye do minister for to breake the stone is ether hurtfull to the pacient, or els of small effecte. For the which cause it is  
very

## of Lyfe

very necessary that y prayēt kepe  
a sober diete.

And so: the better vnderſtāding  
ye shall knowe, y all wines (whe-  
ther they be swete o: sharp, grosse  
o: subtil, whyte o: redde) are in  
this case vtterly reiected.

Pulses also of what kynde soe-  
uer they be, as pease, beanes, and  
such, & all grosse flesh, and water-  
fowles, and fowles of greate bodyes  
as bussardes, cranes, & such lyke,  
are in this case very dangerous &  
nopsome.

Also ye maye eat no kynde of  
frutes, except it be a few melons  
rype p:unes, in small quantitie,  
& pomegranades, with a lytle su-  
ger and corianders.

Of herbes ye may eat bozage bu  
D.ii. gloſe,

### The Regiment

glosse, percelly, lettuce, myntes, spinach & succoze in broth of beale or of a yonge chicken. Pepes also and rapes and radishe, in a small quantytie, may bee well inoughe permitted.

Botched egges are verye good in this case, with a lytle veriuycce, but in any wyse beware of hadre chese, for that is oftentymes & only cause of the said stone. All shel fishes are to bee auoyded excepte it be a creuisse, or a shrimpe, measurably taken.

Ye muste also take hede that ye eate no peper nor hote spices, nor no meates that are salt, soure, or heauy of digestion, and that ye lie not on your backe on nights whē ye are a slepe. And ye ought to  
kepe

kepe your raynes colde and moist  
and to let your backe bee vntrus-  
sed in the sommer.

After ye haue vsed this regimēt  
or dyete by a certaine season, it  
shalbee good for you to take an  
ounce of cassia newly drawen out  
of the cane, and eate it with a litle  
suger in the morning.

Thys ye must vse euery second  
weke, till in time your raynes be  
metely well cleansed of the same,  
and euery daye eate a litle cassia,  
vpon a knifes point, to kepe your  
belly moyst: for that is one of the  
thinges that are most required in  
the sayd cure.

And at diuers other tymes whē  
ye be disposed, ye may take a litle  
of thys receit hereafter, whiche

D.iii.

hath

### The Regiment

hath great vertue to mundifie þ  
reynes, & to brynge the humoures  
to equalitie, wyth releasping of þ  
payne, & brynging out þ gravell.

¶ A goodly sirupe to mundifye  
the reynes.

Rek  
Wij  
en

Take the brothe of a young chi  
ken sodde till the bones fall a so  
der, thzee pounde, melon seedes a  
litle bzused an ouce parcelli rootes  
and alisander rootes thzee ouces,  
damaske pzunes, sepesten, of eche  
bi. in number, greate raisins halfe  
an ounce, cleane Licorice tenne  
drammes, waters of bozage, en  
diue, and hoppes, of eche thzee  
drāmes, & with sufficient whit su  
ger, boyle them al vnto þ cōsump  
tion of the halfe & moze, and after  
warde streyne them, and make a  
good,



goodly sirupe.

This is a thing of excellēt operation, & an hye secrete in mundi-  
fying of the reines, if ye kepe the  
diete as is afoze described. The  
dose of it is one ciath or a litle cup-  
ful in the morninge early, & slepe  
after it a litle. If ye woulde haue  
the foresaid sirupe to purge more  
choler, then put in it a dramme  
of fine reubarbe, wyth a litle cas-  
sia.

¶ Hereafter foiioweth a powder  
of excellent operation  
in breaking of the  
stone.

**T**ake the kernels y are within  
shoes, and dry them on a tyle  
stone, then make of the a pow-  
der by it selfe : after that take  
D. iiii the

### The Regiment

the rootes of alisandze, parselye,  
parietarie, and hollihocke, of eue-  
rie one a lyke much, and seeth the  
all in whyte wyne oꝛ els in the  
brothe of a yonge chycken, then  
strayne the out into a cleane ves-  
sell, & when ye drinke of it, adde  
as muche of the sayd pouder as ye  
thinke conuenient, halfe a siluer  
sponesfull oꝛ moze, so wpythout  
doubt it hath great effecte in bzing  
ing out the grauell,

¶ An other expert medecine for them

now v2 2 that haue the stone.

*Stone* *man* *of* *the* *stone*  
¶ Ther groweth in the galles of  
some oren, a certain yelowre stone  
sometymes in bygnesse of a wal-  
unte, somewhat long and bittle.  
If ye take that stone and make of  
it a pouder, and eate it in youre  
potage

pottage, the weight of one scruple or more accordinge to your strength it is a singuler medycine to them that can not pisse for stopping of the conduites.

¶ An other singuler medicine for the stone.

Take the seede of smallache, persely, louage, and sarisfrage, & rootes of philippendula, Chery stones gromill seede, and brome seede, of euery one a like muche, make them in fine powder, & whē ye be diseased with the stone, eate of this powder a sponesful at once in pottage, or in broth of a chicken, and eate nothing after two or thre houres.

¶ The. xii. chapter of remedies for the gouge.

The

## The Regiment

**T**he paine in the ioyntes of  
a mans body, as in y<sup>e</sup> hādes  
& feete is generallye called  
arthritis, o<sup>r</sup> goutte, whiche  
procedeth somtime of debilitie of  
the sinewes being lashe & unable  
to continue the humours, y<sup>e</sup> conti-  
nually do flowe vnto them.

And so<sup>2</sup> the mooste part they are  
all deriued from y<sup>e</sup> member man-  
dant, that is to saye, the braine, so<sup>2</sup>  
he is very grosse, and engendret  
euer humours in himselfe by rea-  
son wherof, much of the sayde hu-  
mours are deriued into the nuke &  
muskels of the backe, & fro thence  
they descende into the feete, & then  
it is called podagra o<sup>r</sup> to y<sup>e</sup> huckle-  
bone, and thē it is sciatica, o<sup>r</sup> els  
into the handes, and there it is  
cib

chiragra.

## Remedy.

For as muche as all the sayed  
kinds cometh of one beginning,  
as is shewed afoze, and so: y bet-  
ter expedicion in that we will bee  
brieft: ye shall first take away y  
superfluous moysture of y brain,  
which is the roote and fountaine  
of all the saide diseases, and that  
ye may doe foure maner of waies  
The first is obseruaunce of dyete  
inclining toward drynesse, and to  
auoyde all fulnesse of meate and  
drinke, & not to slepe in any wyse  
shortly after meate. And ye must  
beware that ye eate no vaporous  
meates, no: thin wine, no: drinke  
much after supper; and if perchance  
the

### The Regiment

the paine be very sharpe, it shalbe  
much holosome to the pacient, to  
abstaine from all kindes of wine,  
& to vse himselfe to small drinke,  
which thing if he can not doe, the  
let hym drinke claret wyne mix-  
ed with a good quantitie of water.

The second is to purge y<sup>e</sup> braine  
once a moneth, w<sup>th</sup> the one halfe of  
pilles of cochies, & an other halfe  
of pylles assagareth. And in time  
of haruest, and of s<sup>o</sup>mer, w<sup>th</sup> piles  
fine quibus, and piles imperyal,  
wherof ye shal geue one dramme  
y<sup>e</sup> night before the full mone, and  
y<sup>e</sup> day folowing ye may geue hym  
to eate a litle broth of cicers with  
quantitie of raisins of the sunne.

The thyrde is to repress<sup>e</sup> y<sup>e</sup> su-  
mes that ascende into the brayne  
as

## of Lype

after meate, which thing may wel  
be done by eating of a litle dzedge  
made of anise seeede & coriander.

The fourth is to perfume the  
braine with certaine thinges con  
fortatiue, as fo: example thus.

¶ A good perfume against moystures  
of the braine.

Take fine frākensence, sādake  
and mastike, of euery one an ounce  
of lignum aloes a dramme, make  
them all in grosse pouder, & per  
fume therwytb stoupes made of  
flaxe oz of cotten and laye vppon  
the head.

And whē ye haue by this meanes  
wel and duely comforted y<sup>e</sup> brain  
and defēded of the original cause  
of the said disease, ye shal p:ocede  
to

### The Regiment

to take away the matter conioynt  
that is descended vnto þ sinowes,  
and ye shall begynne thus.

*¶ First for 4 & 5 years*

First ye must p̄serue the body  
from engendring of humours, in  
taking euery moꝛning next your  
harte a conserue made of akoꝛnes  
and of floures of rosemary, ming  
led with a litle nutmig & mastik,  
& if ye be of power, ye may dꝛinke  
a good draughte of Ppocras or  
other spiced dꝛinke, after meate at  
dinner and at supper.

Secondarily, ye shal vnderstaṁ  
that whosoꝛeuer doeth entend to  
bee holpen of the goutte, he muste  
euery yeare be pouꝛged. ii. times,  
p̄paringe first the matter to dy-  
gestion



gestion with sirupe of *ficados*, &  
*duabus radicibus*, w<sup>th</sup> the one  
 halfe of waters of sage, p<sup>r</sup>yme  
 roses and *Margerem*, in maner  
 of a spyced iulew with *Cinamon*,  
 taken f<sup>ve</sup> continuall mo<sup>r</sup>ninges  
 ii. houres afo<sup>r</sup>e ye eate anye other  
 meate. And after that, ye muste  
 receyue a dramme of pilles called  
*arthetiks*, o<sup>r</sup> *hermodactiles*, o<sup>r</sup> of  
 both together egall po<sup>r</sup>cion<sup>s</sup>.

O<sup>r</sup> take halfe an ounce of *diacar  
 tami* two houres after nyght, and  
 of *diaturbith*, of euerye one two  
 drammes, w<sup>th</sup> a lytle sirupe of  
*Viſope*.

The reste of the sayed curacion  
 shall bee accomplyshed w<sup>th</sup> the  
 applyig of diuers local remedies,  
 whereof

### The Regiment

Wherof there be soundy Kindes  
and soztes here declared.

We ought to rubbe the place y  
is soze with oyle of roses & a litle  
vineger, and after sprinkle vpon  
y same fine pouder of mircilles.  
An other plaister also as hereafter  
soloweth.

¶ A plaister for the goutte.

Take of the emplaiſter called  
melilote, two ounces populeo an  
ounce & a halfe, redde roses, mir-  
tilles, and floures of camomill, of  
of euerye one a dramme, make a  
plaister & lay vpon y gouty ioint.

¶ An other.

Take the iuyce of colewoztes &  
of wallworste, & with beane floure  
and pouder of redde Roses, and  
the floures of Camomyl make a  
plaister

plaister and lay it to the soze.

¶ An other.

Take oyle of Roles, crūmes of bread, yolkes of egges, & colwes mylke, with a litle saffron, seeth thē to gether a litle as ye woulde make a pudding, afterward spred them vpon cloutes and laye vpon the soze.

¶ An other.

Make lye of the ashes, of rosemary, or of Oke, or of beane stalkes, and boyle in it Saue, Helleine, Pyrmrose, Camomyl, and melilote, and receiue h̄ fume vpon h̄ soze place, or wette cloutes in h̄ sayd decoction, presse them and lay them vpon h̄ paine.

All the saied remedies are very good to swage h̄ payne of h̄ goute

P.i.

after

### The Regiment

after the which done, it is necessary to goe aboute the comfortinge of ioyntes and sinowes, and to y intent ye may apply the grease of pyes, oyle of camomill and of althea or holihok, oyle of a fore, oile of earthwormes, oile of pzimroses turpentine, oyle of gromel bzaide wherewithall, or with one or two of them ye may annoynt the sore place, and comfort both y sinowes and the ioyntes maruelously. Also this oyntemente that foloweth is singuler good for the same purpose.

Take five or sixe handfulls of Malworste, and seeth theym well in wyne, then strayne them, and with a litle ware oyle of spyke, & aqua vite, make an oyntmet wher  
with ye

## of Lyle.

With ye must anoynt y place moꝝ-  
ning and euening euery day.

¶ An other oymment for the  
goute. *no well*

Take a fatte goose and plucke  
her and trime her as if she should  
be eaten, the stuffe the belly with  
in with two oꝝ thꝛee yong cattles.  
well chopped in smal gobbets, w  
an handfull of bay salte, the so we  
her vp again, and let her roste at a  
small fier, & kepe the dripping foꝝ  
a pꝛecious oymment agaynst all  
kynndes of goutes, and other disea-  
ses of the ioynctes.

¶ Medicines for the goute appro-  
priate in all cases,

Take colwes donge, & seeth it in  
sweete mylke, and laie a playster  
to the goute hote.

P.ii.

Also

### The Regiment

Also þ yolkcs of egges, womācs  
mylke, lyneseede, and saffron all  
together in a plaister, swageth þ  
diseases of the goutc.

And if ye be disposed to breke þ  
shynne, and to lette the humours  
issue (as by suche many one is ea-  
sed) ye shall make a litle plaister  
of blacke sope, & aqua vite, which  
will blister it without anye great  
paine.

Also very olde harde chese cutte  
and sodden in the broth of a gam-  
bon of baken & after ward stamp-  
ed with a litle of the broth, & made  
in maner of a plaister, is a singu-  
ler remedy for diseases of þ gout  
and was first pꝛactised of Galene  
the pꝛince of all phisicians.

A pꝛat

**A** prayer to God for helpe,  
against the perturbacions  
of the minde.



**O** Lord my God, almighty  
father and ruler of  
my lyfe, my health, my  
strength, my redeemer,  
and protectoure, sende  
vnto me the heauenlye beames of  
thy holy spirit, to illumine y dark  
nes of my sinful hearte, & to guide  
me to thy holy place. Shewe me y  
the light of thine abundant mer  
cie (O Lord) that I may no long  
er slepe in deadly sinne, O onely  
father of lyghte which in verrye  
deede doest lyghten euerye man  
that commeth into thys worlde,  
for thy great mercyes sake it may

**P.iii.** please

### The Regiment

please thee, to lighten the eyes of  
myne hearte and to endue me w  
the spirite of grace, y I may looke  
vpon myne owne sinne, the great  
offences where wyth I haue offe  
ded thee, and to know that in my  
selfe there is no maner strengtb,  
foz to withstand y death, but one  
ly throughe thee. And I beseeche  
thee, O Lorde, to couer theese my  
carnall eyes, that they see no va  
nitie, and geue me thy grace, that  
I fal not into cōcupisence, to thed  
I may eschewe all euil thinges, &  
geue my minde holy to the obser  
uation of thy commaūdementes.  
Lord God I beseeche thee, y sinne  
may nether raigne noz tary in me  
and that I bee not subiect to mine  
owne fleshy appetytes, but that  
I



I may expell out of my thoughts  
al vnlawful lustes, so y my soule  
and al my mynde may be set holy  
vpon thee. Lord God suffer not  
my soule to bee oppressed, but re-  
ceiue me into the protection of thy  
holy hande, and despyse not mee  
thy simple creature, whome thou  
hast redeemed wyth thy precious  
bloud of thyne onely sonne Iesu  
Christ. Thy mercy O Lord is a-  
boue all that thou hast made for  
thou doest defer the punishment of  
y wicked, if perchance they would  
amende at last, thou louest al that  
thou hast made & hatest none but  
for their owne iniquities. And  
when the wicked turne againe to  
thee, and cry vnto thy holy name  
with all theyr heartes, by and and

### The Regiment

by thy mercie is redy to receyue  
them, euen as I moſte detestable  
ſinner come w<sup>th</sup> heart contrite vn-  
to thy mercy this day: that I may  
obtaine remyſſion of my ſinnes.  
To thee I crye oute of the verpe  
depth and botome of mine heart,  
goe not away from me my maker  
and redeemer, but heare the ſuppli-  
catiō of my p<sup>r</sup>aiser. For thou arte  
myne onely hope and myne enhe-  
ritance in the lande of lyuers. I  
haue ſinned, I haue ſinnede (O  
Lord) & heaped vp iniquitie, euen  
againſt heauen and afoze thee.

But I knoweledge mine offen-  
res, and deſier mercye accordyng  
to thy goodneſſe, Deſtroie me not  
(O Lord) among ſinners, no: let  
me not deſcende into the lake of  
death

of Ipe.

death & vnworthy creature bee-  
 ing made worthe onely by þ boi-  
 teousnesse of thy grace, may from  
 henceforth liue in thy comman-  
 dementes, loue, honoure, & praise  
 thee. For all heauenly pow-  
 ers, angels, thrones, and  
 dominations, lande &  
 prayse thy holy  
 name  
 worlde with-  
 out ende.  
 Amen.

¶ Thus endeth the  
 Regiment of  
 Ipe.

HERE BEGINNETH  
a godly brieft treatise of  
*the Pestilence,*

With the causes, signes, & cures  
of the same: composed and newly  
recognised by Thomas Phater,  
Audious in Philosophie &  
Physike to the ayde,  
comforte, & vti-  
lie of the  
poore.

¶ To thee good reader a pꝛeface  
of the authour.



After that God almighty  
father and creatoure of all  
thinges, hadde by hys vn-  
searcheable pꝛouidence or-  
dained mankinde to eter-  
nall felicitie, and ioy at the  
beginning, he thought it not pꝛouge to  
haue created him of nothing, a body most  
excellent

excellent perfect and pure both in mem-  
bers and senses, aboue all other his crea-  
tures here in earth. but also of his ines-  
timable goodnes endewd him with di-  
uers and sondy p[re]sents of grace, as wit,  
vnderstanding, minde and reason, wher  
by he might not only (as nere as is pos-  
sible,) app[ro]ch vnto him in the know-  
ledge of his heauenly maiestie (as cōcer-  
ning soule) but as well p[re]magine, search &  
finde out, by all maner waies, aides, cō-  
fortes & remedies, wherby also the body  
might be saued & defended, against al as-  
sautes of any thing that should annoy it:  
so bounteous & plentiful are his giftes  
implanted in oure nature, that of al cre-  
atures we might haue bene & happiest.  
But after that sinne had entred into the  
world & by sinne death (as saint Pau'e  
saith) oure corrupt lyuinges haue made  
vs moze corrupte, so that now the lyfe  
whiche we leade heere, is not onely very  
pleasant vnto the mooste of men, and if it  
be to some, yet it is vncertaine, mutable,  
and shor[t], but so many other, it is excea-  
dyng

The p[re]face.

ding greuous, sorrowful, & tedious, sub-  
iect to diseases, infortunes, and calamities  
innumerable, which for the moste  
parte dooe encrease daile, euer the iuste  
vengeance of God falling vpon vs for  
our great abhominations, and without  
doubte wil euer more endure, vlesse we  
doe repent, and lyue in hys commaunde-  
mentes. And to passe ouer all the whole  
swarmes of so many, both olde and new  
diseases, wherewith the body of man (as  
las for our sinnes) is continually tour-  
mented and bered, to speake nothing of  
these common & familiar infirmities, as  
lepries, agues, cankers, pockes, goutes,  
palsies, dropsies, reumes, pthiisies, &  
other oute of number, wh ch as if they  
had conspyred to fyght against vshitt-  
oys, canxe scantly be appeased with any  
encre o' medicine, what paine o' punish-  
ment canne there bee ymagined to putte  
vs in remembrance of our owne wicked-  
nes cause vs to detest oure abhominable  
liuinges, and to call for mercy woth la-  
mentable heartes more then thys onely  
plauge

## The p[re]face.

plauge and curge of God commonly called the pestilence? Is there any sickness is halfe so violent, so furious & so horrible, as this sickness is? What ease is there in the worlde so venemous in infecting, so full of payne in sufferinge, so hasty in deuouring, and so difficile in curing, as the plauge is? And yet are wee nowe a daies so stubburne & so forward or els so drowned in the myre of filthe & carnall appetites, that we nothyng dooe regard these open and manifest tokens of oure condēnation in y sight of God, but apply our hole studies to perseuer in our sinnes euer worse & worse: wherfore it is no meruel though y saied disease encreaseth, but rather to be feared, y almightye God wil poure his indignation vpon vs with some other kynd of plauge moze violent and terryble then the same is.

But to them that dooe repent, & putte their onely truste in hym, who can dooe but wonder at hys infinite benignytie and goodnesse, that euen in the myddest of all the sayed afflictions prouideth the  
of

The pꝛeface.

of remedies, leaſte they ſhould diſpaire:  
cureth and amendeth, al theꝝ gꝛeuous  
ſooꝛes, languoures and diſeaſes: he crea-  
ted medicine euen oute of the yeaꝛthe, &  
of the wyſe manne it ſhall not bee diſpa-  
ſed. And ſurely amonges ail other ſick-  
neſſe, is there none ſo daungerous as is  
the ſoylaided plauge foꝝ any man to cure  
by the way of medicine, foꝝ it turneth it  
ſelfe in ſo manye maner of kyndes, like-  
neſſes, and faſhions, that they that are  
infected, are manye tymes dead, afoꝛe it  
can bee knowen that they haue the ſame  
diſeaſe. which thing althoug many no-  
ble and moſt excellent learned men haue  
in tymes paſt woꝛthely coſidered, & ther  
vppon accoꝛding to their ſinguler know-  
ledge & induſtries geue to them of God,  
haue wꝛitten vpon the cauſes, ſignes &  
cures of the ſayed diſeaſe, ſo exactly, ſo  
learnedly, and with ſo great eloquence,  
and cunning, that there ſecketh nothing  
either to be omittted, oꝛ poſſible to be ad-  
ded, to the perfect curation of the ſame:  
and ſo it would be hard foꝝ a man of my  
ſlender



The p̄face.

217

Wit, to inuent the thinge that they haue  
not inuented, much moze in vaine should  
I go about to write thesame thinges y  
they haue written already: yet not with  
standing forasmuch as this disease whe  
it once begineth, infecteth none so much  
as the common people, among whom it  
is not geuen to all menne, to vnderstand  
the forsayde volumes, if they had them  
present, muche lesse can they gette their  
health by their owne ymaginacions or  
experimentes, specially when almost no  
physition will bouchsafe to visite anye  
such infected of the comon soze (so great  
is the daunger of this cruell sicknesse)  
by reason whereof, the paciēts cast them  
selues oftentymes into despair, and so  
many of the poore people, creatures of  
of God, which by good medicines might  
well ynough recouer, for lacke of suche  
knowledge are utterly destroyed & cast  
awaye to the great pitie of all christen  
heartes continuall ruine of the comon  
weale, wpth diuers other greuous and  
huge incommodities, as is dayly seene  
where

The pꝛeface.

Where the sayd disease raygneth.

I therfoze at the reuerence of almighty  
tie God, & foꝛ the loue that I beare vnto  
mine euen chꝛisten, according to þe talent  
wherwith the loꝝd hath endued me, vnder  
the coꝛrection of my frendes & Phi-  
sicians, haue takẽ out of diuers & sondꝝ  
volumes, of the most famous authours,  
that haue most exactly wꝛitten of þe sayd  
disease, one peculier, certayne & compen-  
dious treatise, addynge thereunto suche  
holsome & singular remedyes as I my  
selfe haue pꝛoued, & knowe to be effectual  
in curing of the same. Desiring God al-  
mighty, the onely authour and restorer  
of all health, so to guyde the heartes of  
his supplicants, that the sayd medicines  
may take effecte in them, accordinge to  
hys giftes: and as foꝛ my labour, I doe  
nothing desire, but the loue & fauour  
of þe gentle readers, whom I  
pray God continually  
to encrease in all  
goodnesse.

(..)

what

115  
¶ What is ment or signified by  
this word: pestylence,



**P**estilence is none other  
thing but a venemous  
infection of the ayre,  
enemy to the vital spi-  
rites, by a certayn ma-  
licious & euill property: (& not of  
any quality elementall, & is win-  
it selfe.) For euen as pure triacle  
is a comforter of life, not because  
of heate, cold, moistnes, or drynes  
but forasmuch as out of all his cō-  
position ther repouñdeth a certeyn  
forme, agreeing to the forme of y  
vital spirits of our body, so is the  
foresaid vapour enemy to our na-  
ture not for any quality, as is said  
before, but for y his proporciō is  
direct enē cōtrary to our vital spi-  
rites con-

Treatise of

consisting in the hart, which vital  
spirites, if by the will of god, and  
ordinary diete, be stronger in the  
patient, then the foresaid vapour  
is, they d̄iue from the body, and  
wil not be infected. And if it hap-  
pen that the foresayd spirites be  
weaker then the venim, or the bo-  
dy full of humours apt to putre-  
faccion, then it doeth incontinent  
assaut the liuely members, & ex-  
cept remedy, bring the body quic-  
ly to distruction. But when we  
do say y vapour to be venemous,  
we meane not that it is a poyson  
of it selfe in dede, for then should  
euery creature be indifferently in-  
fected, & none shoulde escape that  
draweth in b̄zeth: but I cal it ve-  
nemous for that it is of suche a  
naughty

the pestilence.

naughty quality y it may lightly be conuerted into venim, y is to say, apt to burning & corosion, as do mercury sublimed, quick lime or rattes bane, or other suche like kindes of venims. Thus ye may perceiue y al the great dangers y is in this disease, commeth of the naughtines of humours, which are made apt to receiue the saide vapours, & not by violence of the infected ayre only.

¶ Of the.iiii. rootes or causes principal of the sayd disease, wherof it doth arise and grow, & why it raygneth in one time more then in another.

**T**he firste roote superiour and cause of the pestylence is the will of god rightfully puny-  
shing wicked men, of which roote

Q.ii

the

Treatise of

the holy scripture treateth in many places, as in Deut. the. xxviii. chap. If thou wilt heare the voyce of thy lord god, & worke & fulfyll al his cōmaundemēts, the which I cōmaūd to thee this day, thy god shal make thee moze excellēt thē all the people that bee vppon the earth. &c.

And in diuers other places, he geueth many blessings to them that keepe his lawes.

And likewise to the people rebelling and breakyng hys cōmaundements, he threatneth many curses, as where he sayth.

If thou wilt not heare the voice of thy lord God, to keepe & work al his cōmaundements, which I commaunde thee this day, there shall

## the pestilence.

shal come vpon thee these curses,  
 & catch thee. Thou shalt be cursed  
 in the city, & in the field, thy barn  
 shal be cursed, thy liuyng shal be  
 cursed, y fruit of thy wombe shal  
 be cursed, the fruit of t y ground  
 shal be cursed, the beardes of thy  
 sheepe and cattell shal be cursed,  
 thou shalt be cursed at thy com-  
 ming in, & cursed at thy goinge  
 out. Also a litle after he sayth: the  
 Lorde shal ioyne to thee the pe-  
 stilence til he hath consumed thee  
 out of the earth, to the which thou  
 shalt goe to take possession. The  
 lord shal strike thee with pouerty  
 feuers, and colde, burnynge and  
 heate, and wyth a corrupte eye.  
 &c.

Also in an other place. The lord

2. iii.

shall

A treatise of

shal strike thee with the pestilence of Egypt, & the part of thy body, by the which thou auoydest thy doung wyth a scab and yte, and shal not be able to be cured thereof: & lette the heauen that is ouer thee be as hard as brasse by cruel cōstellaciōs, & the earth on which thou doest tread, be like yron that euer wasteth, and waxeth worse & worse.

There be many other maledictions which our lord hath threatened the rebellious people withal expessed in many places of holy scripture: but these may be sufficiente as touchyng our intent to shew that many times y<sup>e</sup> cause of this disease, is the vengeance of almighty god, rightfully punishing men



the pestilence.

118

men for their offences.

¶ The seconde roote of the pestilence  
whych doeth depend of the heauenly  
constellacions.

**N**ow y<sup>e</sup> we haue spokē of the  
firste roote superiour, of the  
which this disese procedeth,  
it is also cōuenient, y<sup>e</sup> we declare  
somwhat of y<sup>e</sup> second rote or cause  
superioure, y<sup>e</sup> is to wete, of natu-  
ral influēces of the bodies aboue.

And ye shall vnderstande, that  
according to the saying of Marsi-  
lius Ficinus (a man of excellent  
knowledge and no lesse lerning)  
in his booke *De triplici vita*, & in  
an other whych he writeth also of  
the pestilēce: that among al other  
heauenly bodies, there be. ii. bo-  
dies called euil & malicious, that

¶.iii.

is

A treatise of

is Saturne & Mars, which oftentimes by their vnhol some influences are cause of manifold infirmities, specially of the Pestilence. Saturne throughe colde, & Mars by excess of heat. Saturn through colde, is the cause of reumes, of the leproy called Elephancia, and al diseases cōming of cold mater. Mars by reason of his heat, bringeth forth feuers pestilencial, spitting of bloud, water vnder y midriff, & the pluresy, y which is a disease engendred like an apostome of cholericke matter (in a thick pannicle, or slime vnderneath y ribs. A pꝛouident pꝛisiciō amōg many other thinges, ought to cōsider y entring of the sunne into Aries, by true equaciō of the houses and planets,

planets, for y<sup>e</sup> influence hath more  
dominatio<sup>n</sup> the<sup>m</sup> haue all the other  
influences of y<sup>e</sup> hole yea<sup>r</sup>e beside,  
except y<sup>e</sup> superiour coniunctio<sup>n</sup>s of  
y<sup>e</sup> planets, or els soe great eclips.  
And this entring of the sūne into  
Aries, passeth all y<sup>e</sup> entlings of y<sup>e</sup>  
sūne into any other signe. Ther-  
fore you must cōsider how y<sup>e</sup> lord  
of the first house in y<sup>e</sup> figure is dis-  
posed, for he is lord of sicknes, y<sup>e</sup>  
is to say, ye must cōsider whether  
he be impedit or no, & if he be im-  
pedit, there shal be many sicknes-  
ses, acco<sup>r</sup>dinge to his nature and  
his house, that is the first house,  
as by example thus. But in case  
that Saturne be the Lord of the  
first house, and some Earthy  
Signe is in the same house, then  
moste

A treatise of

most commonly the sicknesse of the  
yere, shalbe of like nature, that is  
cold and dry. And ouer this thou  
must consider, whether y the lord  
of y. vi. house hath any aspect w  
the lord of the house of death, or y  
lord of the house of death to him,  
then mosse commonly the ende of  
those sickneses that are colde and  
dry shalbe death.

And likewise as it is declared of  
the entryng of the sunne into A-  
ries, so it must be saied of the con-  
iunctions of the sunne and mone,  
throughe al y yere, marking euer  
y nature of the planet being in y  
vi. house, if there be any, and the  
aspects to those two houses afoze  
sayd &c.

Also he must consider, whether  
thys

this entring of the sunne into Aries, or any of the coniunctions of the luminaries, be in the eyght house or no, for then it shoulde be much worse.

And note, that if the Eclipse of the Sunne or moone be in any of the angels of the natiuitie of any person, or in any of the angels of the reuolucio of his natiuitie, the he shall suffer sickness accordinge to the nature of y same angels.

And if the saied eclipse be in the middest of beaune, he shall suffer hurte in his honour and fame: & if it be in the ascendent, he shall be greued in his body, and so forth of other houses, but it shalbe the worse in case the Eclipse bee in the ascendente, specially if it bee the eclipse

A treatise of

The eclips of the sunne, for that is the most dangerous of the two, for as much as the effect of the eclipses of the mone is alwaies finished in the space of one yere at the most, sometime in lesse, and for the most part in .iii. monthes. But the effect of the eclipses of the sunne is very longe or it come to passe, sometimes twelue yers, as witnesseth Ptolome in his centiloquio.

The Astrologians take y iudgement of the yere, by the entring of the sunne into Aries, in y first minute, & if it then happē that all the yll planets be in y. viii. house which is the house of death, they say that yere shal rise a great pestilence and diuers other sicknesses, accordinge to the nature and  
condi.

condicion of those planets.

And if the moone in the same entring be nere vnto the cōiunction of the sunne, as somtime hap peneth within two or thre or four degrees, that yere shalbe a death and pestilence vniuersall & that shortly after that coniunctiō, specially at the cōming of the moone & the euil planets to infortunes, & as y infortunes be, y effects shal so apeare, be they moze or lesse.

Furthermoze, ye must cōsider the greate coniunction of the two hier planets as was the coniunction of Saturn & Iupiter, y yere of our Lorde. M. CCCC. rrv. in the laste daye of Auguste, and the. xiii. degre of Scorpio: which coniunction chaunged from an aierg

A treatise of

an aiery triplicity to a watry, and  
It was in a watry signe, whereof  
there chaunceth very much rain,  
& therupon folowed the excessive  
humectacion oꝝ moistning of mans  
body, which by & by turned to pu-  
trifaction, and therupon ensued  
perilleus and corrupt feuers, pe-  
stilences, and agues, specially be-  
cause in the coniunction Saturn  
was exalted, in the North aboue  
Jupiter, whych Saturne is of yll  
influence.

¶ Of the third roote or cause of this  
outragious sickness.

**T**he thyrde Roote oꝝ cause  
beinge inferpoure, is the  
stinke and fylthy sauiours  
that corrupte y<sup>e</sup> ayze which  
were lyue in: soꝝ we can not lyue  
wth,



## A treatise of

withoute drawynge of the breath  
 & we haue none other breath, but  
 of the ayre rounde about vs,  
 which if it be stinkig, venimous  
 and corrupte, & we by necessitie  
 draw the same vnto vs, immedi-  
 atly corrupteth and infecteth the  
 hart, and the liuely sprites of the  
 same, and after that inuadeth all  
 the other members of the body to  
 infect them in likewyse, by reaso  
 wherof is engendred a corrupte &  
 venimous feuer of pestilence very  
 contagious to all that are aboute  
 them, for the venimous ayre it  
 selfe, is not halfe so vehement to  
 infect, as is þe cōuersaciō of breath  
 of the þe are infected already, & þe by  
 reaso of þe agreing of the natures  
 which is the very cause why our  
 bodies

A treatise of  
bodies be infected by contagion of  
men, moze then any other beaſts

¶ Of the fourth roote or cauſe of  
*the ſaid diſeaſe.*

**T**he fourth roote is, & abuſe  
of things not natural, that  
is to wete of meat & drink.  
of ſleepe and watching, of labour  
and eaſe, of fulnes and emptines  
of the paſſions of the mynde, and  
of the immoderate uſe of lechery,  
for the exceſſe of all theſe things  
be almoſt the chiefe occaſion of al  
ſuch diſeaſes as raigne among vs  
nowe a dayes. For all that our  
meat and drynke is not digeſted,  
tuornewth anone to putrifaction &  
to euill qualities.

And to ſleepe much replenisheth  
the

the body with to great abundance of humours, but ouermuch watching doeth dry vp the naturall humidities.

And as watching doth so doeth inmoderate labour, and as sleepe doeth, so doth rest and ease out of mesure, put the body in great disorder, and maketh it apte vnto this sicknesse, as is dayly scene.

And whoso wyl be ruled as becometh hym in this case, shall neuer lightly be infected, & if chance he be, he shall easely with a lyttle helpe: yea, sometime by very nature only, saue himselfe and ouercome the sicknes.

Nowe seinge that the causes of this sayde dyscase be so great as is afoze rehearsed, it is not to bee

R. i.

won,

**A treatyse of**

woodded though y thing it selfe be  
very huge and dangerous, and  
of hard curacion: wherefore saith  
Auiquen in his first of metaphisiks  
(although he were no christian:)  
we must with good and vertuous  
lyving mytigate y wyath of god  
and by continuall prayers keepe  
oure selues styl in y state of grace

Therefore woulde I counsell e  
very chrissten man, that is in dout  
of this dysleafe to cure first the fe  
uer pestilenciall of his soule, cal  
lyng for that holosome water, the  
well of lyfe, wherof it is wrytten.

*Omnes sitientes venite ad aquas. &c.*

**Wh**ich waters he only geueth, y  
said to his disciples. *Qui biberit ex  
aqua quam ego dabo illi erunt in ventre  
eius aqua viue salientes in vitam eternam.*

**And**

And this doone, vndoubtedly the  
sicknesse of the bodye shall be the  
easier to be cured.

And so2 because the other soue-  
raine remedye p2eservatine is to  
sve the corrupt ayze according to  
the p2ouerbe, Longe, cito, tarde. Fly  
be times, flye farre, & come slow-  
ly agayne.

Yet so2 so much as every man  
can not, no2 is of abilitie so so2 to  
doe, it is good so2 theym to looke  
vpon this little regiment, wherin  
with the aide of almighty God the  
hie phisicion, if the venim bee not  
to outragious, he shal finde howe  
to p2eserue him selfe wel ynough  
from it.

And so2 the better knowledge  
and vnderstandynge of thys trea-  
K.ii. tise

**A** treatise of  
life, ye shal know that it is deu-  
ded into two partes.

The first is of the maner to pre-  
serue a man from the Pestylence  
only by diete, in such things with-  
out the which, one cannot be long  
aliue in health.

The second treateth of the cure  
of the sayde dysease by the way of  
holosome medicine.

The first part is distributed in  
to. vii. little chapters.

The first chapter treateth of the  
election of the ayre.

The second of meats & drinks.

The thirde treateth of slepyng  
and of waking.

The fourth treateth of exercyse.

The fifth of emptines & fulnes.

The sixth speaketh of accidents  
of

## the pestilence.

of the mynde.

The vii. of medicins pzeparatiue.

¶ The seconde parte is deuided  
into sixe Chapters.

The first howe to knowe when  
a man is infected.

The seconde of the cure of the  
pestilence by the way of diete.

The third of the cure of the pesti-  
lence by the power of medicines.

The fourth, of the cure thereof  
by letting of bloude, ventoses, &  
purgations.

The fifth, of the cure of the same  
by outwarde applicacions.

The sixth, how to cure the botch  
called a Carbuncle, or Antar.

¶ The first chapter of the first parte,  
treating of the election of the ayre.

Al.

A treatise of



Although the disposition of  
the ayre colde & dry, or els  
moderately moist, be much  
cōmendable in the tyme of  
pestilence, yet there must be mo-  
deracion in the same, as wel as in  
the fyre thinges not naturall here  
tofoze declared. For ye must haue  
a good respect vnto the cōplexiō,  
the age, the custome of living, the  
region, the cōposition of the body  
Strength, sickness, tyme, & many o-  
ther thinges. For some require  
an ayre moze hote tē other some  
doe, and likewise in other thinges  
the which I doe remitte vnto the  
good discrecion of euery wel lear-  
ned man, & to suche other as haue  
any knowledge of natural thinges  
For the moze suerty, it is good  
so;



for them that may to dwel in high  
 or hilly groundes, hauyng in the  
 moonyng when the sunne is by,  
 a wyndow open toward the east,  
 and when the sunne goeth downe  
 another wyndowe open towarde  
 the Weste, and close vppe all the  
 windowes on the South syde, for  
 that wynde is very euil in time of  
 pestilence.

Also it is good to rectify the aire  
 within the house, if it be in sōmer  
 by sprinkling in the chamber vin  
 eger, and water of roses: if it be  
 winter or colde, make a lusty fier  
 of cleane wood & put in it incence  
 mirre, laurell tree, or iuniper, or  
 cypres, & in time temperate, min  
 gle the hote thinges with the cold  
 asforesaid.

R. iiii.

Which

A treatise of

Which sprinklings, and burnings, ye may make at all times when you wil, but specially in the morning, to coꝛrecte the vapours of the night.

I reade in Plotino, that the Egip̄tians were wont to fume their houses and their bodies in the day with turpentine oꝛ rosin, & in the night with mirre caste vppon the coales, and so resisteth all venemous aires & contagious.

The first hath so great vertue agaynst y pestilence, that we reade howe Hypocrates preserved the the whole cuntrey and citie of Athenes, by making of great fiers in the streates, and all about the towne by night, & so deliuered them from the certayne death, that  
shoulde

Should haue comen among them.  
For which cause the citizens of the  
same towne, made vnto him an i-  
mage all of golde, and honoured  
him aliue as if he had ben a god.  
And it is good in hoate tyme, to  
straw the chamber full of willow  
leaues and other fresh boughes,  
which must be gathered after the  
sunne setting, and lay about your  
bed and windowes, vine leaues,  
quinces, pomegranades, oranges  
limons, citrōs, & such other fruits  
y are odiferous, as roses, floures  
of nenuphar, violets & other like.  
And in cold times, take sage, lau-  
rel, mit, woꝝmwood, nept, baume  
rue, & galingale, which thinges ye  
may sometime carpe about w you  
in a cloth, to take the ayze of the.  
And

A trettise of

And in time of heate, temper a  
sponge oꝛ a cloute in water oꝛ ro-  
ses & vineger. And in time of cold  
ye may adde to it a litle cinamon,  
& thus be that is disposed to haue  
precious sauiours, as pomanders.  
oꝛ other such, may compose them  
accoꝛding to the necessity, and as  
the complezion of his bodye shall  
require. Alway taking heede, that  
women which are wꝛth chꝛloc, &  
they that haue the suffocation of  
the mother, oꝛ els catars take no  
such odour, as shal put theselues  
to any daunger oꝛ displeasure

In a cold time it is good to holde  
in the mouth sedoary, enula cam-  
pana, cinamome, cloues, the rind  
of a citron, lignum aloes, oꝛ any  
one of the. But if the season of the  
pere

vere be hote, then take cozianders  
prepared, graynes of Paradyse,  
saunders, seedes of ozenges, oz of  
limmons. And in temperate we-  
ther mingle the one with thother.  
But it is good in al times to bear  
about you pzeypous stones, (if ye  
haue thē) specially a iacint, a ru-  
by, a garnet, an emeralde. oz a sa-  
phire, which hath a special vertu  
against the Pestylence, and they  
be the stronger, if they bee bozne  
vppon your naked skynne, chiefly  
vpo the fourth finger of the leste  
hande, so; that hath great affinity  
with the hart aboue other mēbers.  
And as tohig thē y are cōtinual-  
ly anrōg y sick of this disease they  
muste take hede y they kepe them  
from their bzeth, & y they doe not  
stande

A tretise of

Stand betwene them & the fier, noꝛ receiue the odour of their sweats, bzines, vomites, and other excrements of the body, noꝛ to eate and drinke with them, noꝛ in their vessels, noꝛ to lie in their couches noꝛ weare any of their apparel, except they be well sunned, oꝛ w ithreed in the cleane ayre.

It is also good to flie from all places that be coꝛrupt, oꝛ stinking & to kepe the stretes & houses very swete & cleane. And the rulers oughte so to pꝛouide, y no filthy dounge, noꝛ any dead carions be caste into the stretes, soꝛ y should soꝛe infect the ayre, & bzing men to death. And during all the time of this disease, there oughte to be no hote houses vsed, but soꝛbyd.  
den

the pestilence,

230

den and locked vp, till such tyme  
they see no further daunger.

¶ The seconde chapter of eating  
and drinkyng.

**T**he meates oughte to be of  
very light digestion, moze  
in sommer then in winter,  
hauing alway an eye vnto  
the complexions, customs & other  
things aforesaid. The houre what  
tyme ye shal receiue your meate,  
is when your appetyte cometh vpon  
you, after the first digestion  
made: Great repletion oughte to  
be abhorred, but a sufficiēt meale  
is very holesome. Neyther is dy-  
uersitie of meates allowed of any  
physicke, but if ye wyl haue dy-  
uers sortes, then beginne, wpth  
them that are lightest to digest, &  
that

A treatise of

that best nourisheth the body.

Youre breade must be of pure corne, kept in good ayre, and not fusty, metely well salted with sufficient leuen, and baken in a place whers none euil ayre is, & it must be of a daye or two dayes olde, or there about.

Whet is best among all other coraes, euen as wyne among all othet licours, although the barley bread be good for the that meane to kepe them leane. Meates of euill taste, after they be long dead and stinking fish in like maner, & the fat of all fishes, & meates that haue ben twice sodden, thick wine and troublous, or otherwyle corrupt, waters of marishes, & black groundes, & such corrupt meates  
and



the pestilence.

131

and drinckes, be very perillous.

But good wyne, sauoury, and cleare, and good meates taken wyth an appetyte are cause of health, and p̄seruatiō from the pestilence.

Vineger is a noble thyng in tyme of pestilence, if ye haue none other impediment to let you to receyue it, and ye may correct it accordinge to the nature of y<sup>e</sup> cause, in such wise as may be comfortable to the vital spirites of y<sup>e</sup> hart.

Bozage and buglosse are verye good p̄seruatiues in this case, & so is a little quantitie of saffron, oranges, limons, pomegranades citrons, p̄zunes of damaske, and other suche, in good conuenient quantity, adding to them a lyttle sugar,

A treatise of

suger, & cynamon for correction.  
A nut is called the triacle of fish,  
shaled & sugred with a little rose  
water: and as sayth Isaac, a nutte  
and a fig dry taken afoze dinner,  
preserueth a man from all maner  
of poysons

The thirde chapter of sleeping  
and watching.

**T**o muche sleepe engendreth  
many humours in the body,  
specially if it be in the day time  
and it bulleth the memory, & ma-  
keth a man vnlusty and apt to re-  
ceiue the pestilence.

Therfoze created almighty god  
the night, wherin we should rest,  
and the daye for to keepe vs wa-  
kinge, that we fall not into sinne  
and sloth. Surely to slepe on the  
day

daye time is exceeding hurtful, for  
when the sunne ryseth, he openeth  
the pores of the body, & bringeth  
the humours and spirytes frome  
within, to the outwarde partyes,  
which prouoketh a man to wat-  
chynge & excercyse o2 wo2kes.

And cōtrary wise whē h sunne  
goeth down, all things are closed  
& coated which naturally prouo-  
keth a man to rest.

Moreouer the stomake by h be-  
heiment of the day is naturally di-  
lated and spreade abroad: so euer  
against night, by reaso of h auoi-  
dauce of the spyrtes it wareth  
somewhat feble and when h nyght  
commeth, requireth to haue quiet  
wherby it may acquire more  
tie of spirites for the nourishinge

A treatise of

of it selfe.

And therefore whosoener waketh  
in the time of slepe, or slepe when  
he ought to wake, he peruerteth &  
hurteth not onely hys memozy, &  
all his other vertues of the mynd,  
but also many times shall engen-  
der apoplexies, catarrhes reumes,  
agues, palseyes and manie other  
greuouse and naughtye diseases  
in the body.

Also ye must take heede, that ye  
watch not too much, for therof co-  
meth drynesse of the brayne, and  
many other sykenesses that mel-  
lancholy breedeth.

But he that is vsed to slepe ve-  
ry much & cannot abstaine in any  
wise, let hym slepe in a chaire, or  
sitting in a place that is colde,  
but

the pestilence.

but not lying, if he loue his health

¶ The fourth Chapter of exercise.

**M**oderate exercise or labour is very necessary to the preserving of health, according to euery mans age, custome, complexion, strength, and such other, so it be done in y<sup>e</sup> moznig, & at euen before any meat, & in a place of good ayre, & not infected w<sup>th</sup> corruption. Auicene saith, y<sup>e</sup> he onely ought to abstain from labour, y<sup>e</sup> nothing regardeth y<sup>e</sup> health of his body.

And Galene saith that exercise quickneth the vertues naturall, animall, and vitall And Rasis telleth of a great pestilence wherein there were very fewe saved, because they liued idelly, and would doe no labour.

¶ ii.

¶ fi

A treatise of

Finally defaulte of good erer,  
myle is oftentymes the cause that  
many die sodaily, afoze they feelee  
them selues sicke &c.

¶ The fift Chapter of emptines  
and fulnes.

**I**T is holosome foꝛ you, euer  
day once to pꝛocure the duti  
of the wombe, if ye cannot  
naturally, yet at the leaste wayes  
seke some other meane, as by a  
glister oꝛ suppositoꝛy, foꝛ the long  
withholding of any superfluities  
is in this tyme very daungerous  
and hurtful. And al the tyme the  
sayed dyscase endureth, they that  
haue any fistules, ought not to be  
cared.

And they y haue any issues by  
theyꝝ hemoroides, may not be re-  
strained

## A treatise of

strained without the flure befoze  
 excessive, & they y had y foresaid  
 hemoroides and were cured afoze,  
 let them open the againe fo: feare  
 of furtber daunger.

Also they that are disposed to be  
 scabby hauing great itche, & suche  
 diseases of y skynn, ought to bzing  
 the matter oute by rubbinge, and  
 behemet clawing w their nailles.

Excesse of women, is excedding  
 perillous, but if ye cannot rule  
 your selfe take good heede, ye doe  
 nothing afoze the first digestion, &  
 tyll nature doth proucke you, fo:  
 euerye suche excesse weakeneth  
 moze the body, then if ye shoulde  
 be let bloud. xl. times somuch, as  
 witnessteth Aupcenna, & is cause  
 many times of pestilence & of death.

The

Treatise of

¶ The vi. Chapter of accidentes  
of the minde.

**Y**e must beware of al thiges  
that shoulde make you to bee  
pensive, heuy, thoughtfull, angry  
or melācholike, for al such things  
are inough to infecte a man alone.

¶ Passe the time iopfully in good  
things honest & decēt, every man  
according to his own heart, & to y  
estate y god hath called him vnto.

¶ The.vii. Chapter, of medicines  
preservatiues.

**A**ll they that are of good cō  
plexion and of holosome diet,  
nede not to bee purged. For  
an hole body and boide of all hu  
mours, is not lightly taken of the  
pestilence, as the other are.

¶ But if it bee a body full of hu  
mours



mours or a great eater without a-  
ny exercise or trauaile, such ought  
to let themselves be purged, and  
they that haue to much quantitie  
of bloude, or if y<sup>e</sup> bloude, bee any  
thyng corrupte, they oughte  
to aske counsaile of some good  
experthe Physicians, and not to put  
their truste in any vaine bolsters y<sup>e</sup>  
detracte other, which in all cases &  
at all times geue them mercurie  
precipitant & other medicines co-  
rosiue, which for the most part are  
benymie of themselves and vnder  
colour of an other medicine doe  
dysceiue the patient: a wonder to  
bee holde, howe crastely they co-  
uer it, somtyme in syrupe, some-  
tymes in suger, other whiles in  
fygges, losenges, or raysons,  
S. illi,      leaste

A treatise of

least it should appeare (as it is in deed) that they geue the pacientes very quicksiluer.

Some other affirme that h mercurye is quenched, or throughtly mortified, & woꝛketh none otherwise but by secrete quality agaiſt all diseases in the body of manne: for the excelle of elementes saye they, is clearly corrected in precipitation and aduſion of the fier.

Howe cometh it to paſſe (if thys bee trew) that when a lyttle of it is ſet vpon a cole and a pece of fine golde adioined to it we maye ſee plainly the very quickſiluer, cleaving to the golde, and will make it as brittle as if it had lyen in very rawe mercury: Pea how chaunceth it that when it is mingled w<sup>th</sup> hote

hote creame, it wylbe crub again  
as it was afoze. And to save the  
trueth, the quicke siluer rawe, is  
better to be dronken, then sucbe  
as is sublimed, so; that hath been  
permitted, both of Dioscorides &  
of diuers other: but we neuer red  
of any good phisicō y euer gaue  
counsell to take the p̄cipitate,  
beccause of the r̄spozole & other  
tenimous ingredyēce being in it.

Although that so; the tyme per  
aduenture some escape, and feele  
not theyr effecte in deed as many  
other doe (that is to saye, debilitie  
of the vertueradycal of y stomake  
and other members p̄ncipal pur  
ginge of the good humours & lea  
uinge the euil within the bodye,  
whereof ensueth manye tymes  
death

A treatise of

Death yet they leaue a certain euil  
qualitie or impressio of the bodies  
in all that doe receiue them, and  
so they make worke for good pbi-  
fitions, to the great hurt of them  
that haue beleued them. Such ga-  
launtes shoulde goe proue they  
pouder made of quicksilver, a-  
mong the Turkes and Saracins,  
and not vpon their euen chilsen, &  
their neighbours. But now to  
our entent.

The pilles called pillule com-  
munes aboue other pilles prefer-  
uatiues, are allowed to be of hi-  
est operacion, by reason of a cer-  
taine propertie that they haue win-  
them, as Rufus the composer of  
them saith, that he neuer saw any  
man that vled them but he was

preserved from the pestilence.

There gooeth into their composition myrrour & aloes, which haue great vertue to keepe the body fro putrefaction and are made thus.

Take of aloes epatike well washed two ozāmes, mirre washed, and saffron, of eche a dramme make them by wyth white wine, or the iuice of limons, or of ozenages and suger. Some take the euery thyrde daye, the weight of halfe a dramme, in the moynynge. iiii. pilles and euery daye one afore supper. Lett euery man doe according to his nede, and as his body is replet wyth humoures, but it is good to drinke after them a good draught of wyne, tempered in a litle water of roses or of woyme

A treatise of  
woymeewood, & if they be to harde  
let them be resolued in the sirupe  
of lemons, or a lytle wyne.

Some doctours ioine vnto the  
other spces, after the complexiō  
of the person and the humoure &  
they nede to purge and they wash  
the aloes & the myrre, in an hote  
season, and for him that hath an  
hote season, and for him that hath  
an hote liuer, in water of Roses &  
of endiue but in that lette euerye  
man bee hys owne iudge: yet I  
would counsaile them to stick ra-  
ther to the good experiments that  
haue been accustomed, than to fan-  
tasies of their owne imaginaciōs.

The Apotiearies ought to haue  
in store both the two sorts, and to  
see that they be sufficiently leue-  
ned

the pestilence.

ned, & that the foresaid aloes be  
clec and pure.

They which haue the hemorri-  
des & would vse þ foresayd pilles,  
lette them adde a lytle mastike, or  
þ gumme that is called bdellium.  
If any haue a bloudy flure, or er-  
coziacion of the bowels, let hym  
not receiue them without a better  
couñsel. Women also greate with  
chylde, and they that are subiect to  
any flure of bloude oughte not to  
receyue them.

Among other things, it is a good  
preseruatiue, & a thing well expert  
& comended, to eate in þ moorning  
fasting one dry figge, one walnut  
& foure or fīue leaues of rue chop-  
ped altegether, and afterward to  
drynke a draught of good wyne.

But

A treatise of

But it shalbe sufficient for them  
that are with childe, to take þe said  
things, leauing out the rue.

In a hote season it is good to te-  
per the said wine with a litle rose  
water or of violetttes. Some other  
take fīue houres afore dinner thre  
times in a weeke, þe weight of half  
a crowne of mithridatum, or of  
fine triacle, tempered in a lITTLE  
good wine. But in tyme of heate  
and for hot complexiōs, it is good  
to put in a litle conserua roses, &  
to mingle them with water of so-  
rell, or of borage, or of buglosse.  
Mithridatum is a great medicine  
against all kinde of venim, for we  
reade þe fōnder of it, king Mi-  
thridates, who did vse to eate ther  
of, coulde neuer bee hurte by any  
kynde



kynde of poison. The same Mithridates being overcome in battaile of y<sup>e</sup> Romans, woulde haue kylled himselfe w<sup>th</sup> the moste swirtest poiso<sup>n</sup> y<sup>e</sup> could be deuised, but whe<sup>n</sup> he had donk<sup>t</sup> many sort<sup>s</sup> of such, & neuer a one wrought any thing to purpose, he caused himselfe to bee slaine of his seruantes, after whose death Pompeius, y<sup>e</sup> graud captaine of y<sup>e</sup> hoo<sup>s</sup>t, found in his secrete cofers, a certaine bpl written of his ow<sup>n</sup> hãd, in effect thus.

Twenty leaues of rue, two fat figges two walnuts, & a litle salt, whosoever eateth of this, shal bee sure frõ al kind of venim y<sup>e</sup> daye. The good triacle hath also a good vertue, but there ought to be a punishment of them that doe abuse it with

h.  
same  
v.  
b.  
s.

**Treatise of**

It with counterfained stuffe, which  
deceineth many people, & causeth  
them to dye, y put their trust in it.  
Some other take in time of colde.  
a cloue or two of garlyke, whiche  
is called y husbandmans tryacle,  
& after drinke a draught of good  
wyne, and in hote tyme take and  
eate a fewe leaues of sozell, and  
drinke a draught of y water ther-  
of, distilled, for it is excellent and  
good in all complexions, tymes &  
ages.

Also it is good to drinke euerye  
morning a draught against y pes-  
silence that is thus made.

**A drinke for the**  
*Pesilence.*

**Take in the moneth of June or**  
at any other convenient time, our  
lady

labie thistle burnet, scabious gentiane, sozell, of euery one a like much, floures of buglos, redde roses, herbe dragons, and madfelon or moyses diabolli, twice as much as al y other, steepe the al in white wyne and rosewater, during one nyghte, then sette them all in a comon stillatoz waying in soz euery pound of herbes, halfe an ounce of bole armonye poudzed, augmēting the ppozcion, according to the quantitie of the herbes: then distill a water, and soz euery pynte of it, take the weyght of a crowne of saffron, halfe an ounce of yelow saunders finely poudzed, & put the all in a viole with the sozelsayd water stopped. set them in y sunne 1. moneth. This is a noble water.

L.i.

103

A treatise of

for a manne which hath y pestilence  
to drinke.

And he that wyll, may put a lytle  
suger & pouder of cinamome  
in it, that it maye bee moze plea-  
saunt in the taste. He that can not  
fynde the sayde herbe called mat-  
felon, or moyses diabol, in latin,  
let hym take the double weight of  
dragōs. It hath a roote as it were  
halfe eaten of by the myddes, and  
it is so called, because the fable is,  
the deuill bit it of, for the enmie he  
hath to man, lest he shoulde ob-  
taine the great vertues of y same.

The horne of an vnicorne putte  
in the drinke, whole or in pouder,  
hath a great effect against the said  
disease, and against all kindes of  
poyson.

Here

## the Pestilence

¶ Here foloweth a very good preser-  
uatiue for the common people  
redy at all times and of  
small coste.

Take an ounce of leaues of rue  
half an ounce of good sygges, one  
ounce of Zenuper berries, ii. ounce  
s of walnuts picked, foure ounce  
s of vineger, and a good quan-  
titie of saffron, stampe all þe fore-  
sayde thinges together, & reserue  
the in an earthe cuppe, or a glasse  
faste stopped, that no ayre issue,  
wherof if ye receiue in þe morning  
vpon a kniues poynte, the quan-  
titie of a beane, or more, ye shall  
bee sure by the grace of God not  
to bee infected in foure & twentye  
houres after.

L.ii.

Liii

**A treatise of**

**An other powder for the  
same.**

**T**ake pure and electe bole armoniacke, not counterfaiſt, but ſuch as without grauel, ſmooth ſomewhat ſhining, & to þe eye a farre of, moſt lyke a very ſtone, not to brittle, nor to bie coloured, for ſuch is commonly ſophiſticate. Take I ſaye, the ſayde bole armoniacke, & grind it vnto fine powder, then waſhe it in white wine, or in roſe water, or water of bugloſſe, ſozel or worme wood, or ſcabious, after ward drie it, and powder it againe, & doe ſo ſue or ſire times, euer waſhinge, drying and poudring the ſame, & at laſt ſette it vp in a cleane beſſell, tyll ye nede to uſe it.

**Open of hote complexion, yf they  
will**

will receyue it, muste take of it a  
sponefull with vineger, or water  
of sozell.

And they that bee of colde com-  
plexiō, may take it in a litle wine  
or scabous water in the morning.  
For it p̄serueth the bodie from  
all corrupcion, consumeth the su-  
perfluous humours, and dryueth  
awaye the venim from the heart.

¶ An other singuler remedy p̄serua-  
tiue for riche menne and deli-

cate of complex-  
cion.

**T**ake zedoarie, lignū aloes,  
agrimoni, saffron, aristolo-  
gia rotunda, yf it may be  
gotten, white diptam, gē-  
sta, the rind of a citron, the seeds  
of citron, of euery one a scruple,  
℞.iii. 2070

A treatise of

cozanders pzeperate, turmentill  
red saunders, rebbe cozall, red ro  
ses, iuozp, mirabolanes, emblike  
of euery one a dram, terra sigilla  
ta, two drammes, bole armonike  
three drammes, powder al these  
and with fine suger, and spzupe of  
acetositate citri, make a noble elec  
tuarpe, & kepe it as a treasure of  
mans helth, in time of pestilence.

¶ A no other soueraigne & goodly  
receite both preservative  
and curatiue.

**T**ake a hennes egge, newly  
layde, & make a hole in the  
crowne, by y<sup>e</sup> which ye shal  
draue out all y<sup>e</sup> white ther  
of, and leaue the yolke wpthin the  
shel, which done, syll y<sup>e</sup> same egge  
wth good Englysh saffr<sup>n</sup> & whole,



as much as may bee stuffed in the  
shell, than dry this egge against y  
fire, or in an ouen, whan y breade  
is oute, so long tyll the shel be vt-  
terly blacke and bzent, & the reste  
sufficiently bzittle, and dry, make  
it in poudar in a moxter, & adde to  
it as much poudar of mustard seede  
as shal wey all the hole egge: thā  
take this ingredience at y apoteca-  
ries. Ditamp, turmentille nur bo-  
mica, of eche a dzāme, poudar eue-  
rie one of them by it selfe, thē put  
them altogether, and put to it rue  
piony roote, Zedoarie, camphere,  
& fine tryacle, of eche equall por-  
cion, so that the weight of the siue  
bee as much as all the reste, beate  
them in a moxter by the space of  
two houres, tyll all bee incor-  
p.

**A treatise of**

po2ated together in a lumpe, then putte it in a glasse, and kepe it couered w<sup>th</sup> a leafe of golde in a colde place, so2 it will last thus thirtye yerres, without co2ruption, and is a thinge of inestimable value in this case, the dose of it to preserve is but one halfe peny weight o2 lesse, yea the weight of one barley co2ne, hath in it a merueilous strength in defending the body.

But if one were infected already, than he must receiue afoze lettinge bloud, two o2 three graines after his bleding geue him in the name of God, an hole scruple, o2 two o2 three, (yf his strength wil serue) tempered w<sup>th</sup> wine, so2 a hote taking, and in great colde w<sup>th</sup> a litle aqua vite, & therupon sweat.

**I haue**

I haue knowne when the sick  
bath ben vtterly desperat, & coulde  
retain nothing yet by the grace of  
God, through the meanes of two  
scruples hereof, mixt with a litle  
aqua vite, bothe the vomit imme-  
diately ceased, and nature recou-  
red, & escaped þe daunger of death.

**A** concerning swete waters  
to sprikle vpon your clothes  
& things of pleasaunt odour  
to bee caste vpon the coles when  
ye arise on mornings and also the  
making of good and holsom poun-  
ders, to smell vpon in time of  
pestilence, for the contentacion of  
them that are desirous. I shal here  
reherse one oz. ii. of euery sort, to  
þe intent ye may (when ye be dis-  
posed) either vse them, or deuide  
other

A treatise of  
other of þe same making: as it shal  
be requisite according to necessity

¶ First a swete water that is  
made thus.

**T**ake water of roses, violettes  
oz nenuphar, oz one of them,  
oz of al together one pounce,  
good vineger two ounces, malue-  
fie, muscadine, oz other pleasaunt  
wine, three ounces, of bothe þe sau-  
ders, of eche one dramme, and an  
halfe, cāphore, one scruple, and if  
ye haue anpe gallia muscata, adde  
thereto halfe a drame, mingle the  
together, and sprinkle vpon youre  
clothes, when ye be disposed.

The right excellēt, & famous doc-  
tour Iohānes Manardus also, in  
the third epistle of his fifth booke  
doth shew, howe, to make in time  
of

of pestilence, two soueraigne perfumes, the one for to serue in Sommer which is made thus.

¶ A Fumigation for Sommer.

**T**ake redde ambze. ii. partes & leaues of mirt, floures of nenuphar, roses, violets, saffron maces, and yelow saunders, of either of them one part, camphore, ambze, beniamin, balse a parte, muske, & tenth of one part, mingle altogether, this is a plesant and comfortable sauour in & tyme of Sommer.

¶ But in winter ye may vse this.

**T**ake storax calamita, pices, mastik of each ii. partes, cloues maces, nutmigs, cinamome, saffron, of each one part, aumbe the fyfth of one parte, muske the

A treatise of

the tenth of one part, mingle altogether and make a fumigation.

And of these powders ye maye make litle balles or pomanders, to beare about w<sup>th</sup> you at al times but the laster receite must be well incozporate w<sup>th</sup> a litle storax liquida, and lapdanum, and y<sup>e</sup> other w<sup>th</sup> lapdanū, gumme, dyagagāt and rose water.

¶ An other goodly pomander for  
gentlewomen & Ladies.

**T**ake the rinde of an Oryenge,  
cloves lignum aloes, of eche  
one dramme, calamus aroma  
maticus, halfe a dramme, alypta  
muscata, one dramme, roses, mirt  
tilles, of euery one half a dramme  
nutmygge, cinamome, bentamin,  
e. euery one a scruple, make it vp  
in a

### The Pestilence.

In a mortar, wyth Rojar liquida;  
 which sufficient ware, and make  
 ley adding in the ende, of caphore  
 halfe a scruple or more. And in y<sup>e</sup>  
 time of pestilence, ye ought to kepe  
 the house euery day tyll the sonne  
 bee vp, & if it chaunce that ye go a-  
 mōg a great multitude of people  
 where is any daunger to bee fea-  
 red: ye may chewe a litle zedoary  
 in your mouthe, ones in an houre  
 or two, but hold it not continual-  
 ly for hurtinge of the gummes.  
 Zedoary (as saith Aucene in his  
 booke de viribus cordis) comforte  
 teth the herte, and engendzeth good  
 bloud. it is hol some for y<sup>e</sup> stomake  
 (as affirmeth Plinie) maketh good  
 digestion, & prouoketh appetite.

Constantine in his booke of be-  
 gress

**A treatise of**

grees salety, it hath a great power  
against venime, and the sinking  
of the mouth, it breaketh wynde,  
& cureth the bitings of venemous  
beastes and serpentes.

**W**he ☿ sūne shineth in a cleare  
day, ye may walke in gardynes,  
medowes, hilles & by ryuers, but  
beware of lakes, standing pooles  
and fennes, for oftentimes ☿ effec-  
tion of the aire, ariseth of ☿ cor-  
rupt vapours, boiling out of such  
vnholysome places.

**T**he seconde part, of ☿ cure of one  
that is infected with the pestilence  
al ready.

**¶** Howe to know a man that  
is infected, the first  
Chapter.

**¶**



**¶** I said in y<sup>e</sup> begynnyng  
how the pestilence was  
engendred of the cor-  
rupt & naughty ayre,  
turning all y<sup>e</sup> humours of y<sup>e</sup> bodie  
quicklye to corruption & venime.  
Wherfore we must take hede by  
times, lest y<sup>e</sup> vital mēbres be infec-  
ted of y<sup>e</sup> said poison, for it euer se-  
keth to y<sup>e</sup> heart, & if it come vnto y<sup>e</sup>  
herte afoze y<sup>e</sup> medicine, thē is ther  
no recovery, for not one amōg an  
hundred liueth. For y<sup>e</sup> sayd venim  
is so swift, so scarce, & so boistous  
of it selfe, y<sup>e</sup> it will not (wpythout  
greate difficulte) be put out of pos-  
session, but driueth away the me-  
dicine from the hert againe.

But if the medicine come vnto  
the

A treatise of

The vert afoze the venim bath &  
hyper bad, then he drineth it out,  
by þ helpe of the betue expulsue,  
of the spirituall membyes, & that  
expulsion commōly is by swette.  
And soz because somtimes a man  
is poisoned, and can not tell hym  
selfe, noz none that is about hym,  
wherof manye daungers doth a-  
rise, soz as þ prouerbe is, one scab  
bye shepe infecteth a hole flocke,  
theresoze it shalbe necessary that  
euery man take hede vnto hym  
selfe, and consioze all the signes &  
tokens that shalbe saied herafter:  
soz þ more care that he hath about  
that, the soner shall he escape out  
of the daunger.

And if a man feleth hym selfe  
infected, aboue all thinge let hym  
remem

remember god, so it is a sickness  
that in the twinklinge of an eye  
may bring a man to death.

First let him looke whether in  
hys arme holes, flanke, or vnder  
his necke there bee any aposteme  
or swelling, or whether in any o-  
ther partes of his bodye there ap-  
pere any greene, blacke, or euill  
coloured soze. so that is the signe  
that neuer faileth, but the persō  
certainly is infected. Notwith-  
standing euery man infected wyth  
that pestylence hath not suche vl-  
cers, botches or sozes wherfore ye  
must take heed of thother signes  
hereafter, that ye be not deceiued  
soz lacke of the saide apostemes.

But what is the cause that such  
apostemes sometimes doeth ap-

U. l.

peare,

A treatise of

peace, and sometimes doth not: no  
doubt, but because that when the  
venim is so vehement & so furious  
& hath gotten hold in the body of  
man, nature by reason of the swift-  
nes of the infection, is so troubled  
lettred, and entangled, that she ca-  
not tel which way to succour, & so  
can dzyne out none apostemes, &  
that is moze perillous then if ther  
wer many sozes. But again whē  
the venim is but meanly furious &  
the nature of the patiente stronge  
enough by reason of good humors  
thē it defendeth it selfe & dzyueth  
the venim from the hart & princy-  
pal members, to such places as it  
may best be voyded at, whych be  
keth forth by cōpulsion in botches  
carbuncles, and other sozes.

The

The seconde signe is if ye seele  
a great prickynge and shotinge in  
your body, & specially in any of y  
three clenlinge places, that is to  
say, the necke, the arme holes and  
the flankes.

The third signe is when ye sele  
an outragious heate within you,  
as if ye were in the feer. Wherby  
heat sometimes spreadeth it selfe  
abrode throughe all the hole body,  
and other while there ariseth such  
a colde y it maketh a man to shake  
as if he were in a fever.

Wherin all ye that be infected  
musse take heede : for some there  
be that in the beginninge sele not  
such a seruēt heat outwardly, but  
it is within as great as if thei bur  
ned w much heavines of y heade,

W. H. D. Hines

A treatise of

Dzynes of the mouth, & extreame  
thirst: Wherby many one are co-  
pelled for to sleepe, euen for very  
laboure of the spirites, and some  
other watch, & are so out of quiete  
that a man woulde thincke they  
were fallen into a phrensie.

The.iiii. signe is, if greate va-  
pours & fumes arise out of the bo-  
dy, when a man is in a bath, and  
would faine sweat, but he cannot

The fifth signe is, if the paciēt  
cannot draw his breath easely for  
many one is so strayne wounded, y  
he cannot speake, & when he brea-  
theth it is with great labour & dis-  
scultie.

The vi. signe is bebenent paine  
of the head, such as is wonte to be  
in a frensie,

But

But there be some for all that  
in the beginning of the infection,  
feele nothyng so greate payne as  
we haue spoken of in the head.

Notwithstanding this is a gene-  
ral rule, that the pestilence cannot  
be in the body, without some pain  
or heavines in the heade.

The. vii. signe is greate desyre  
to sleepe, from the which many one  
can not abstayne him selfe in any  
wyse, nor cannot be kept waking  
of them that are about him.

The. viii. signe is changing of  
colour, for somtimes ther cometh  
to the patients eyes as it were a  
yelow colour, sometimes all that  
be beholdeth be thynketh it to be  
greene.

The. ix. sygne is payne of the

mouth,

A treatise of

mouth, or an vnnatural taste, bitter, soure, or stinking, The tenth signe is often vomiting, bitter, & of diuers colours. The xi. is heauinesse & dulnes of al the hole body, & swooning & weaknes of the limmes. These be the principall signes & tokens wherby ye maye perceine whē any man is infected.

Notwithstanding, all these signes are not euer manifeste, for sometimes it is seene, that one hath had the pestilence, and felt nothing at all, yea and sometimes the body will bee as faire and as good to sight as in a hole man, because the humours come not at the Liver, and the feuer wil be small or none, for that the venim is not in a hote humour, and so dyeth out  
no



no heat, & yet y<sup>e</sup> paciēt by & by dieth.  
Somtimes also he shal think him  
selfe hole, because y<sup>e</sup> nature in the  
first bzunt droue the venim frō y<sup>e</sup>  
hart, & yet anon after his life pas-  
seth frō him for y<sup>e</sup> nature was not  
strong ynough at the next assaut,  
either by reaso<sup>n</sup> it was vered & we-  
ried in the firste, or els the venim  
peradventure multiplied or cha-  
ged into more malignity or nerer  
to y<sup>e</sup> hart the<sup>n</sup> it was afore. Cuery  
one in y<sup>e</sup> beginning seme lightlpe  
to be better, for then y<sup>e</sup> strength of  
nature is gathered al together to  
stand against his enemy, but it is  
not so in other euil sicknesses. The  
paciēt also many times thinketh  
himself strong ynough because y<sup>e</sup>  
veni<sup>l</sup> wo<sup>r</sup>keth not so cruellp vpon

**A treatise of**

**Members as it doth upon þ hart.**  
Wherfoze in time of pestilence  
when ye seele your selfe in any  
thing diseased, dyne not forth the  
time in lookinge, when the signes  
aforesaid shold appeare, noz stand  
not in craminig o: douting whe-  
ther ye bee infected o: no, for ye  
may be sure, that so long as thys  
dyssease raygneth in the countrey  
where ye are, ye shall haue felow  
sickneses, but eyther is pestilence  
already, o: els wyl be wythin a  
while: so geue your selfe to þ cure  
of the pestilence, for while þ naugh-  
tye influence of that infection du-  
reth, all superfluous humours may  
lightly be infected, & that is þ only  
cause, why in time of pestilence,  
there is so felow of other infirmy-  
ties.

flies. For as sone as many sores  
of other sicknesses do aryle, the  
pestilence abateth & is gone.

And here is to be noted, y<sup>e</sup> what  
soever childe in the tyme of pesty-  
lence, be vered with the wormes,  
ye maye safely affirme that he is  
infected, for it is a matter so dys-  
posed to the pestilence, euen as is  
brimstone to be kindled of y<sup>e</sup> fier.  
This haue many phisicians not  
considered, & because of that haue  
bene deccined in their cure.

Here I haue declyned by occasiō,  
but now to our intent.

Whē one or two or moze of those  
signes aforesaid are knownen to be  
in a body, let him not despise the  
nor putte any foolyshe trust in the  
strength of his cōplexion, as ma-  
ny one

**A treatise of**

many one haue done, & by and by dyed, noz let no man trust the colour of his vyne, o2 mouinge of h pulse, so2 sometimes the strengthe is so excessive in the venim that a man is dead afore h natural vertues are able so2 to succour hym, o2 to dyue away the venim from the heart. And herein haue many wise phisicians also ben deceued, & haue euil iudged of the paciēts prognostik.

Wherefore by and by without delay, ye muste minister some good and holesome medicine, as shalbe said hereafter, o2 els h skiled water that we spake of in the former chapter, o2 some balsamunt medicine against the pestilence, that it may descende vnto the hart afore the

the pestilence.

153

the venim haue the vpper hande  
of nature.

For if it be once settled at y hart  
I affirme plainly, ther is no hope  
at all.

Yet there be some fooles that ta  
rieth till the twelfth houre, or the  
four and twentp after the infecti-  
on, & they bolle the selues y they  
wil heale the pacient, but that is  
a manifest and a shamefull erro2,  
for if any by chaunce is so recoue-  
red, it cometh of god, & not of any  
medicine, for wher as one so esca-  
peth, an hundred other perish.

Notwithstanding if the case so  
be that ye be not called, or can get  
no remedy afore y saide time, call  
not your selfe in dispayre, or put  
not the Paciente in dyscomforte,  
take

### A treatise of

take oꝝ geue your medicine in the  
name of god, & if ye cannot broke  
it, take as much agayne & do so ma  
ny tymes till ye may retayne it,  
then lay ye downe to sweate, & lift  
vp your harte to God, calling v  
pon hym. without whom there is  
no health, & by the grace of Jesu,  
ye nede not to be fearful of deeth,  
foꝝ that that is impossible to mā  
is easy ynough with God, yea ma  
ny times nature woꝝketh it selfe,  
aboue al natural expectaciō. But  
I counsell at the first beginnings  
to receiue the medicines whē any  
of þ̄ foꝝesaid signes appeareth oꝝ  
when ye feele your selfe diseased,  
foꝝ the venim perceth soner to the  
hart of þ̄ cholerike, then either of  
the sanguine, oꝝ þ̄ melancholike,  
al

although the sanguines are apter  
to confection, the thother are, chief  
ly if the sickness be in the sōmer.

They that are of melancholy be  
not lightly takē, but in case they  
be, then the cure is very daunge-  
rous and harde.

Therefore I saye, take hede at the  
begynning as the prouerbe is.

*Principiis obsta, sero medicina parat,*

*Cū mala per longas inualuere moras.*

Take the medicyne quickly, &  
let thy selfe bloude, and remēber  
God the phisiciō of thy soule, and  
without doubt thou shalt well e-  
nough recouer.

Now we haue declared þ signs  
by which ye maye easely knowe  
when a person is infected, and we  
saide it was conueniente to take  
the

A treatise of

The medicine as sone as any of the  
uppereth, without any longer ta  
rying, afoze the venim cometh to  
the hartel, here we wyll enforme  
you, howe ye shall perceiue wher  
ther the sayd venim be settled in y  
hart or no.

Take a drame of bole Armeny  
made in pouder, according to the  
doctrine of y last chapter in y first  
part, & if ye cannot get it, take soe  
other excellēt medicine agaynst y  
pestylence, namely one of the re  
cettes that shall be sayd hereafter  
& geue it to the patient, but there  
can nothing be better then y fore  
said pouder if he haue it at hand.

Take I say therof one dram, &  
an ounce of white wyne, and odo  
riferous, with .ii. ounces of water  
of



of roses, mingle them & geue the  
to the patient.

The blacke receit declared in y  
chapter of pꛑeruatiues, may be  
wel vsed in stede of the bole.

And if he may retaine y drink  
wythin his stomake, it is a good  
signe that the venime was not at  
the hart afore he tooke the medycy  
ne, and therefore he may be let  
blood wel inough.

But if y patient can not bꝛoke  
the said drink, but cast it vp and  
vomite, then ye may be sure that  
the venim hath been at the harte  
afore the medicine.

Therfore by & by wash his mouth  
with wyne, or w water of scabiose  
of sozel, or of roses, & it oughte to  
be very wel mundified & clenfed.

Then

the pestilence.

Then geue him an other dose of  
þ said drinke, & heat a crust of bread  
& holde it to his nose, that he may  
the better kepe the foresaid poxiō  
And if the second time he caste it  
vp agayne, and is not able to re-  
taine it, wash his mouth as is said  
before, and geue it him the thyrde  
time, with a little vineger, that it  
maye perce the better, & so fire oʒ  
seene tymes, if he do not holde it,  
geue it him agayne, & then whe-  
ther he retaineth it oʒ retaineth it  
not by & by ye ought to let hie blood

But in case the Paciente were  
infected, foure and twenty hours  
afore ye geue the drinke neuer  
let hym blood, soʒ þ can nothing  
helpe him, but rather make him  
weble, but administer a medicine

oʒ drinke

ordained for the pestilence, as is  
said also, or such as shalbe spoke  
of hereafter, & that done, prouoke  
him to sweat.

Now to our purpose as concer-  
ning diet.

The seconde chapter of the cure of  
*pestilence by the way of dyet*

**F**irst as sone as the pater-  
ent feleth himselfe infec-  
ted, it is very good to a-  
uoid the corrupt aire, by  
chaunging into some other place  
or els if he cannot so, let him retire  
fy the ayre of his owne house, or of  
hys chamber, with water of roses  
& vineger, or els with fumigaciōs  
as is spoken of before, accordyng  
to the quality of the time, & the cō-  
plexion of his owne body.

A treatise of

Moreouer it is good for hym to  
shift his bedde out of one chāber  
into another, & from that to y first  
again the next day, euer redressing  
the aire of the both as is aforesaid

And as touching meat & dꝛynke  
he ought not to abstaine, or yet to  
take any superfluities, for to eat  
good meates measurably (though  
it be againste bys stomake) yet in  
this disease it shal doe hym much  
good. Let hym eat the broth of  
chickens, capōs or colyces of rab  
bits & such like meats, wyth a lit  
tle sozel sauce, or vineger, & Rose  
water, or wine of pomegranades,  
(if they may be gotten) or wine of  
barberies, and such other.

If ye wyll haue oīher kynde of  
sauces or a powder to strowe vpon  
your

your meate, ye may make it after  
this sorte.

Take graines of paradise, whit  
diptany, of ech an ounce, fine pou  
der of cinamon, and cloues, of ech  
halfe an ounce, make them all in  
pouder, and mingle it with suger  
In this disease ye may eat no que  
ly meates, as eles, geeie, ducks &  
other such as be euill.

I call them euil meates, whych  
(accoording vnto Galene De differē  
tis febriu) are eyther euill of theyr  
owne nature, oꝛ els if they be na  
turally good, yet by reason of loe  
putrefaction, are almost oꝛ moze  
vnholesome as the other are, part  
ly so, because of long keeping, vn  
cleane and naughty dꝛessyng, oꝛ  
when they be layed vp in a filthye

A treatise of

of stinkynge place, & partly by the  
p[er]ill infection, whē they were alive  
for he y<sup>e</sup> v[er]y v[er]y such kinde of meates  
is oftentimes accomb[er]ed with ma  
ny naughty sicknesses, as corrupt  
and pestilenciall fevers, scabbes,  
pustles, leproyes, and other euill  
infirmities.

All fishe in this case are to be a  
uoided, b[ro]th or gruel made with  
bojage, buglosse, endiue succory,  
sozel, porcellane, & other like her  
bes, with a little saffron, & cleane  
wheat flower, or the crummes of  
b[re]ade in a b[ro]th of chickens, or  
without a b[ro]th, may be well ad  
ministrad.

Botched egges also w[ith] sozel sauce  
& cinamō, vyneger & rose water,  
are maruclous good in this case.

And

And if the heate bee verpe beche-  
ment, as wel after meat as afore,  
he may well drinke a draughte of  
sodden water with the iuyce of o-  
ranges, limmons, Citrons, or of  
sowre apples, wel mingled toge-  
ther to quench the venemous fu-  
mes that might rise vp to the brain  
And if the pacient be younge and  
stronge, hauing a good stomake,  
hole winded, hote of complexion,  
and in time of heate not subiect to  
the colyke, nor to none hydroply,  
or apostumes in the bowelles, he  
may drynk a good draught or two  
of cleare and colde water, com-  
pynged oute of a Rocke, or of a  
runnyng water, or of a fayre  
springe.

¶ or when nothing els can miti-  
gate

¶ iii.

**Trethle of**

figate the thirst, yet wyl clere wa-  
ter by little and little, diminishe  
all the heat. But ye must beware  
ye take no great excelle.

A Wisane wyth suger of roses  
is verpe good to dypnke betweene  
meales.

The Patient oughte not soz to  
slepe durpng the first. xxiii. hours  
and in the tyme that he receyuet  
his medicines.

Afterwarde he may slepe a litle  
at once to comfozte the weakenes  
of the spiiits, and he ought euery  
day to goe to slepe once.

And aboue all other thinges let  
him not dyspayze, but byd hym be  
of good comfozt & doubt not of his  
health, so he take no thought, but  
as much as is possyble, make him  
to



to reioyse as wel by cōmunicatiō  
as by musike, & bzinging in vnto  
him good & holsome herbs, fruits  
boughes & other thinges of com-  
forte, but yet notwithstanding see  
that he remember god, & not fo-  
get his owne cōscience, so in this  
sickness & woꝛst is euer to be feared

The.iii. chapter of the cure of pesti-  
lence by the way of medicine.

**W**hosoone as euer ye feele  
your self infected, take of the  
pouder of bole armoriake  
in maner & fourme afoze  
declared, oꝛ of the black receit the  
waight of halfe a crown, moze oꝛ  
lesse accordyng to the vertu of the  
paciet, mingled wpyth the water of  
roses, & a litle vineger, as is sayde  
afoze, & dꝛike it al at one draught  
℞.iiii. And

A treatise of

And if you cannot get the sayd  
sayd powder, or peradventure ye  
wyl abhoze to take it, the dzinke  
a lyttle porcion of precepte follo-  
winge, which is verve excellente.

A receyt against the pestellence.

**T**Ake the rote of turmentyle  
dzied in the shadow, of sa-  
fron, & of mustard seede, as  
much of one as of an other, make  
of them a powder, & incozporate it  
wyth the third part of mithrida-  
tum, or of fine triacle, with a litle  
stronge vynesger, in maner of an  
opiate, kepe it in an erthen vessel  
close, and in time of nede vse it.

The weight of it at once, is fro  
halfe a dzanme vpwarde.

This receste wozketh moze v p,  
on the benym then it dothe vpon  
the

þ feuer. And every day folowynge  
it is good to take a lytle sirupe of  
limmons, wyth water of sozel, or  
of matfelon, or of our lady thistle

And he that hath none of the said  
sirupes, let him vse the waters of  
the same herbs, or the good water  
that I haue described in the chap-  
ter of medicines p̄seruatiues.

Auicenne saith, that whosoever  
taketh an onion and drinketh it in  
milke fastynge in a morninge, he  
shal be safe that day frō all infecti-  
ons of the Pestilence. Therfoze  
some are wont to rost two or thre  
onions, & to eate them with vine-  
ger & bzoone breade nerte they  
hart afoze thei enter into any sus-  
pect aire. And haue found healthe  
in they, so doing.

Johannes

A treatise of

**J**ohannes Manardus, a ma<sup>st</sup>  
of his knowledge in the art  
of medicyne & of great au-  
thority amonges all learned men  
describeth in his booke of Epistles  
a very good receit, as well p<sup>re</sup>ser-  
uative as curative deuised by him  
selfe for lacke of good triacle, and  
is of marueilous operacion aswel  
in this disease, as in healyng all  
maner benemous woundes, both  
of adders, snakes, and other kind  
of serpents. The receit of thys no-  
ble medicine is this.

¶ Manardus medicine for the pestilence.

**T**ake the dyed blonde of a  
drake, and of a ducke, of a  
gose, & of a kid, rue, fenell  
seede, the seede of cumin, dyl, and  
of wyldc nepes, or garden nepes,

o2 rapes, of euery one. iiii. dzams,  
 the rote of genciane, trisofle, squi  
 nantium, frankensence, roses dy  
 ed, of eche. iiii. dzams, white pep  
 per and long, cost, valerian, anise  
 Cinamome, of eche. ii. dzammes,  
 mirre, narde, of ech bi. dzammes,  
 beniamin, assarū, gumme armo  
 niake, of eche. iiii. dzams, aloes, a  
 garike, of eche two dzammes car  
 pobalsami. rr. graynes, irios, saf  
 fron, reubarbe, and reupontyke,  
 gynger, mastike, of ech one dzam  
 Licados five dzams.

Make a fine pouder of these, and  
 with foure times as much of clari  
 fied hony, mingle altogether, and  
 kepe it in a syluer vessel o2 a glas  
 stopped, so2 it is an hyghe trea  
 sure in suche a case. The dose  
 of

**A trettle of,**

of it is two Drams in wine or water of sozell.

**¶** Here foloweth an electuary of a wonderful vertue in the time of pestilence.

**¶** This electuary is of so great vertue, in the that doe receiue it once in. xiiii. hours, that they may be sure from all euill infections of corrupt ayres, and contagious, all the day after.

**¶** But in them that are infected already, & are taken with the pestilence, if they drinke of it but one sponesfull, as shalbe said hereafter (specially after letting blood, if it be conuenient to the patient) & lay him downe & sweat vpon y same, if the venim hath not vtterly ouercome the harte, he shal vndoubtedly recouer.

It hath been lately proued, that  
after drinkeing of the same medycine  
when the patiente made bys  
water in an vzial, the glas hath  
burste in pieces, by reason of the  
venim that it purged out.

¶ This is the making of the  
*sayde electuary.*

Take cinamon elect one ounce,  
terra sigillata. vi. drammes, fine  
mirre iii. drams, vnicoznes horne  
i. dram the seede and rinde of Ci-  
tron. rotes of diptamy, burnet, tur-  
mentil, zedoary, redde coral, ana,  
drams. ii. yelow saunders. iiii. scru-  
pules, red saunders ii. scruples,  
white bean & red floures of mari-  
golds, ana, one dram, iuozy raced  
scabiose, beronici tunicie, sede of  
basile, the bone of a stagges heart  
saffron

**A treatise of**

**Saffron, ana. ii. scruples, make a fine powder, & adde vnto it of bole Armoniake p̄parate. ii. ounces, white sugar iii. pound, & with a sirope of Acetositate citri, make a goodly electuary, and keepe it in a glasse.**

**If the pestilence commeth with great excesse of heate, drinke it vpon Rose water & vineger, but if ye fele it cold take in it a draught of wine, & couer you wyth clothes so that ye may sweat so long as is possible, for without doubt, it is a present remedy as I my self haue oftentimes p̄oued.**

**¶ An other deuine medicine**

*in aliq̄uid scurme.*

**Take Rue, wormelwood and hawine the herbe, of ech a like portion, of**



clon, of relidony, both herbe and  
rote as much as all thother, so that  
ye haue of them foure a good byg-  
bandefull, waiſhe the roote of the  
celidony, very cleane and purely,  
in wine or in fair clere water, the  
put them all into a newe potte of  
earth neled within, & poure bpō y  
herbes, halfe a pounce of the moſt  
strongeſt vineger ye can get, co-  
uer them iuſte, & lute the mouthe  
of the potte, with Luto ſapientie,  
whych is made of wheat flower &  
the white of an egge, y no breath  
may iſſue, & ſeeth it 3. or 9. hours,  
w a ſoft fier. the let it coole by litle  
& litle, & after ſtraine y herbe & ſet  
the lycour in the ſunne to rectify.

When a perſon is infected with  
the Peſtilence: Fyſte as I ſayde  
afoze

**A treatise of**

apople, let him bleede in a deu bath  
thā geue him a sponesfull of this  
licoure with as much as a nut of  
triacle if so be ye haue any, luke  
warne by & by let a crust of bzed  
all hote, be dipped in vyneger, &  
holden to his mouthe, y he may y  
better brooke the medicine.

And if he chaunce to vomit, inco  
finet washe his mouthe with wine  
and cause him to receyue agayne  
an other sponesful, and so if needs  
be, fīue oꝝ sixe tymes tyl ye see y  
he receue it, which is a very good  
signe, if he so do.

After this let him in a warme  
bed couered, that hee may sweate  
out the residue of the venime, &  
by the grace of god, hee shall es  
cape the daunger.

**This**

**The Pestilence.**

This a medicin of infinite vertu.  
But if. the patient haue a greate  
heate, geue hym no triacle, oꝛ els  
very litle.

¶ The iiii. Chap. of the cure of pesti-  
lence, by letting of blood, ven-  
roses, & purgations.

**A**lthough phlebotomy oꝛ let-  
ting of bloude, be one of the  
chiefe thynges that are re-  
quired to the cure of the pestilence  
yet foꝛ lacke of vnderstandinge &  
letting bloud otherwyse than be-  
houeth many one is cast awaye: &  
therfoze euery good man barbour  
ought foꝛ to take hede, y<sup>e</sup> he hurte  
not them, which come vnto hym  
foꝛ helpe (foꝛ that were a greate  
shame) which he shall neuer doe,  
if he ponder wel the thynges that

**p. i. shalbe**

A treatise of  
shalbe sayd hereafter.

¶ This is a generall rule.

**I**n þe time of possitence whā  
a body is insect, ye maye not  
haue respect either to þe signe  
the day or the houre but whe  
ther the moone be there or not, or  
what aspects so euer bee in þe pla  
nets let him blede sozthwith in þe  
name of God. Young men and san  
guine, and they that haue abound  
haunce of fleshe, and of bloude  
mingled wyth other humours,  
oughte to blede somewhat moze in  
quantitie, but alwaies kepe a mo  
deracion, that ye take not out to  
great a quantitie at once.

It is better to lette hym bloude  
stwyse leauinge the wounde of the  
Arste stroke open, and annoint it  
with

the pestilence.

with a little oyle, and after foure  
or fūe houres, let hym blede in þ  
same wonnde again, but without  
synking if it be possible.

But alwaies geue an eye to the  
strength of the pacient, that it bee  
not enfebled: and againe beware,  
that ye haue taken away the ran-  
kest, and strongest venim, wherin  
if ye be doubtfull, take þ counsel  
of some good expert phisicion.

Also ye must note, that ye may  
not let bloud to any childe in  
the age of. xiii. yere, nor to olde  
men aboue fity yere olde, nor to  
women great with chylde, specy-  
ally nere vnto their time, nor whē  
theire due purgacyons is vppon  
thē, nor to them that are newe'y  
P. ii. brought

A treatise of .

brought to bed, o2 wythin a weke.  
o2 ii. after she is purified general.  
1p, to none which is weake & feble  
in hys body.

We shal also note, that there are  
some olde menne of better strength  
& complexion, than many yong are  
of, & againe, diuers yonge childre  
of. r. o2 ii. yeares olde, are of high  
er courage & of as good strength,  
as they y are many yeares elder.  
In such cases, a litle euentacion of  
the infected bloud, maye bee y sa-  
uing of their lyues, so y al thiges  
bee done with good discretion.  
It is wisoom also to let the bloud  
lying vpon their backes, whome  
ye thinke would faint in standing  
o2 in sitting.

And if the case do require y let-  
tyng

the pestilence.

tyng of bloud, & the patient bee  
not hable to beare it so, any of the  
causes afoze reherſed, it is good  
to applye ventoses, in maner and  
fourm as I ſhal declare hereafter  
And here we ſhould ſay ſomewhat  
of y great erroure that many doe  
commit in takinge one vein ſo, a  
nother, ſo, by ſuch errours is the  
venim drawen manye times vnto  
the heart, and ſo procureth deathe  
vnto the patient.

Tel herfoze that ye may not be de  
ceined euer in the pestilence, lette  
him bloud on that ſyde that y ſore  
is on, and not on the contrary ſide  
in any wiſe, ſo, that ſhould drawe  
the venim ouerthwart y members  
ſpiritual, & ſo deſtroy the man.

But o, euer ye let him bloud, if

P.iii.

12

**A treatise of**

is good to geue some good & hol-  
some medicine against the venim  
suche as is declared in þ chapters  
herebefoze.

If the botche appeare under-  
neath the eares, let hym bloude in  
the head veyne of the same arme,  
or els in the bryaunche of the same  
veyne, which is vpo the hand, be-  
twene the middle finger, and the  
next that is adioyning.

If it appeare vnder the throte,  
take the same veine, and within a  
while after, it is good to open the  
two veynes vnderneath þ tongue.

If the soze be set within þ arme  
holes take the vaine called Medi-  
ana, which is betwene þ sozesaide  
head vaine, and the veyne coming  
from the liuer.



If þe soze be set within þe flākes  
then ye muste open the veine cal-  
led Staphena, which is about the  
anle of þe foote, on the inner side:  
& if ye cannot fynde it there, take  
the bzaunch of it, that is betwene  
þe great toe, & þe next vnto him, but  
þe lettia of bloud in þe vaine is soz-  
bydde vnto womē whē they be in  
health. And if there appere two  
botches, one on euery side, Mar-  
cus geueth counsaile to take the  
right syde, and not the left.

And in case there doth appeare no  
signe of botching or swelling, thā  
he biideth you to opē both þe veins  
saphenas on þe right side & on þe left.

Notwithstanding, Marcus Fi-  
cinus is of a contrarie opinion, &  
sayeth that it is beste when there  
P.iiii. dothe

A treatise of

doth no soze appere, to take þ̄ cō,  
mon veyne on the right arme.

I thinke herein Paracelsus cou  
sel rather to bee folowed.

But if ye see the botche stāding  
outward, moze towarde þ̄ bouch  
than ye must open the vein called  
sciatica, which is about the ancle  
of the foote, on the outsyde. The  
which opening of the veins must  
bee done as sone as is possyble, al  
waie presupposed that he hath re  
ceiued one oꝝ other medycine a  
gainste the ventine, & that he slepe  
not in any wyse, as is afoze men  
tioned. And to them that cannot  
tolowly be lettē bloude, ye must  
in all haste apply many ventoses,  
with scarificacion oꝝ without sca  
rifying, as it seemeth best to your  
discre,

the pestilence.

168

discrecion, so ye take a reasonable  
order thus. If the soze be vnder þ  
eares, or about þ throte, let your  
ventoses be applied behynde vpon  
the necke.

If the botche appeare vnder the  
armes set your ventoses behynde  
vpon the shoulders. If the soze be  
in the flankes, or thyges, let your  
ventoses be set vpon þ buttockes.

And yf the pacyēt be replete w  
humours & strong, hauing no flux  
nor other impediment, & ye thynk  
he nedeth to bee purged: ye maye  
geue him in the morning one ounce  
of cassia, or of manna, w a little  
diaprunis laratyue more or lesse,  
according to þ paciētes necessitie,  
tempered w water of scabiose, so  
tell, or endiue, euer taking bede,  
that

I treatise of  
that he doe receiue some medecine  
against the venime, during al the  
tyme of his disease.

¶ The fyfte Chapter, of applica-  
cion of outward me-  
dicines.

**H**ere is to bee noted that no  
maner plaister repercussive  
may be set vpon any botch  
of pestilence. But as sone  
as is possible, after lettynge bloud  
it is good to take an onion, & to  
make an hole in the myddest of it,  
then fyll it full of good triacle: af-  
ter y<sup>e</sup> stoppe it, & set it on y<sup>e</sup> harth  
to roste, as it were an apple. And  
when it is roste so long tyll it bee  
tender, lette it cole a little: & sette  
it hote vpon the botch, and whē it  
hath been ther by the space of two  
hou.

houres, take it of, and laye an o-  
ther on.

¶ take a cocke and pull y<sup>e</sup> fe-  
thers of about hys foundament, &  
put a lytle salt in it, & set hys sou-  
dament vpon y<sup>e</sup> said botch, keeping  
hym on a good whyle, stoppyng  
many times his byll, y<sup>e</sup> his breath  
may bee retained, & let hym blow  
again. And if y<sup>e</sup> cocke dye, it shal-  
bee good to take an other yonge  
cocke, and splitte it quicke a sun-  
der, and laye it on the botch, but  
ye must commaunde them y<sup>e</sup> take  
them of, to cast the in y<sup>e</sup> fire, & not  
to take the sauour when it is re-  
moued: for that is verye daunge-  
rous, Some there bee that laye a-  
bout the soze, water leches cal-  
led bloudsuckers, and it is verye  
good

A treatise of

good, so they bee well prepared, & cleansed from corruption. Other apply ventoses with scarificatiō, but they ought firste to be applied without any scarifinge, so they shal the better draw y<sup>e</sup> venim out.

Other lay thereto a plaister made of galbanum, diacquilon, & aromatiacke, incorporate together, and some other laye on it a playster made of figges, soure leuen, & resins without kernels, bzaied & incorporate altogether in oile of camomill. There bee also y<sup>e</sup> set vpō the botche an herbe called crowesfoote, which is very bofe, & maketh a blister on the skinne, & that same they break, and kepe the place opē many daies after. And in y<sup>e</sup> case, if y<sup>e</sup> botche be in y<sup>e</sup> very arime holes:

it is

## the pestilence.

it is beste to set the saied herbe, a  
loft vpon y arme. And some other  
breake y foresaid botche w a strōg  
ruptorie, hauing part of matura-  
tion, as for example thus. Take  
solwe leuen iiii ounces, mustard,  
rue, scabiose, woo:melwoode, of  
euery one an handful, white lilly  
rootes, the third part of all, grene  
coppo:ose two drāmes, canthi-  
des in numb:er. x. galbani. i. ounce  
olde nuttes, & somewhat fustie, or  
els newe, if ye can not get them  
in numb:er. iiii. oile of whit lilies  
as much as shall suffice, seeth all y  
herbes & rotes in oyle, acco:dinge  
to arte, with a double vessell, that  
is to saie: y oyle being in one pan  
may seeth onely by the boilyng of  
the water in an other great panne  
ar. 8

**Treatise of**

And make a playster w<sup>th</sup> y<sup>e</sup> residue  
of the stufte in a good fourme. It  
hath a great vertue to breake a pe  
silence soze without much paine.  
& afoze ye lay it on, wash the soze  
w<sup>th</sup> a sponge dipped in y<sup>e</sup> straining  
of the sozesaide herbes & rootes.

Other take ople oliue and steth  
it with oken ashes, addinge vnto  
it a lyttle of blacke sope, & quicke  
lyme, and make a plaister of the  
same, it is not to bee vsed but in  
strong complexion.

And all the sozesaide wayes are  
to bee commended. But after one  
halfe vsed them a whyle, and steth  
thth beginne to come to matura  
tion, let hym take the counsell of  
a learned surgyon, or any other of  
good experience, and to sette ma  
tu,



## the pessidenee.

maturatiue emplaysters, vnctions,  
and bathes, accordinge as becom-  
meth, percing the apostume in the  
softeste place, afterwarde procede  
wyth mundification and incarna-  
tion, euen as in other kindes of a-  
postumes: wherein I humbly de-  
sire them to haue some pyty of the  
pooe, that be diseased, and not to  
fauoure them that haue ynough,  
but rather take somuch of y<sup>e</sup> riche,  
that they may y<sup>e</sup> bether haue wher  
wyth to helpe the neddy.

And so, because y<sup>e</sup> like maye haue  
some comfort, if in case thap shold  
be destitute of surgeons, I wyll  
(besides the sayd medicines which  
they may cōfidently vse,) describe  
somme maturatiue emplaysters  
that

**Treatise of**  
that are experte & proued in thys  
cure of pestilence.

¶ A plaister to ripe a borch com-  
ming of the pestilence.

**T**ake mallows, & the rootes  
of holihocke, & onions, as  
much as shal suffice, washe  
them & seeth them in water, & af-  
terward bray them in a morter w<sup>th</sup>  
pouder of linscede, and of scnu-  
greke, & a good quantitie of swines  
grese fresh, laying on the plaister  
euery day once.

¶ An other for the same.

**T**ake white diptamy an ounce  
and an halfe, the roote of wal-  
wozte an ounce, the rootes of  
cresses halfe an ounce, white oni-  
ons, two ounces, seeth the rootes  
in water, and roſt the onion vpon  
the

the roles, then stampe them altogether, adding of oile of camomil iii. ounces, rosin one ounce nettle seede sixe drammes, ware, as much as shal suffice, and make a goodly plaister or an ointment at your pleasure, for it ripeth the sayd botch in a short space & consumeth the venime, and is good aswel for young men as for olde.

And afoze y it be thoroughly ripe, cause it to be perced as it is said afoze. And if after the said percinge there be great paine, take y yolke of an egge well beatē, & a litle oile of roses, & annoint a tent therein and put into the sooze for to ease the peine. Afterwarde mundifie y place with a salve made of yolkes of egges, fine barlye floure, and a

Z.i.

litle

A treatise of

little hony of roses. Last of all, for the perfecte incarnation, take the iuice of daises, and w<sup>th</sup> a litle ware make a softe ointment, and vse it, or ye may laye thereto anye other salue incarnatiue, as ye are wont to do in other cleue sores. Whou- ded allway that it is better in thys case, to bzeake the soze by tymes, than to fary for the ripinge longe lest perchaunce the venim beinge included gather strength by y<sup>e</sup> putrifaction, and so retorne againe vnto the herte: therfore open it, asore it come to riping, & after procede w<sup>th</sup> your maturatiues and other hol some plaisters.

**T**hus muche haue I spoke of surgery in the exterior cure of one that hath y<sup>e</sup> botch, so farre as

as God hath geuen me vnderstand-  
ing to perceiue, according to the  
minde of such famous clerkes,  
as haue moste effectually wyrtten  
of the same. Now wyll I declare  
a litle of the exterrioꝝ cure of him  
that hath no botch at all, and yet it  
is soꝛe infected w<sup>th</sup> the pestilence.

Foꝛ the noble handye wooꝝke of  
surgery, is conuenient to the boꝝh  
as witnesseth Marsilius Ficinus,  
in his booke of pestilence in the. xi.  
Chapiter. And the soune of it is  
this.

After that the payent hath recei-  
ued some good and hollesome medi-  
cine against the pestilence, & swette  
(oꝛ after letting bloude, if the case  
do so require) by and by ye muste  
apply your labour to take awaye

Z.ii.

the

A treatise of

the residue of the venime, that remaineth in the body. And to y intent ye ought to make a ruptorie of sowre leuen and cātharides, oz other aboue reherſed, and ſet it on the muſcle of the right arme, vnder the cubite, on the parte where as the pulse lyeth, but not vpon y pulse it ſelfe, and ſo procure a bliſtre, which ye ſhal immediatly cut of, and kepe the ſore running many daies after, the longer y better for the patient.

An other iſſue ye may make in y ſame maner, vpon his right legge ſoure fingers aboue his heele toward the inſteppe, & kepe it open likewise, till amoneth oz two after he be recovered.

The

the Pestilence

174

The. vi. Chap. of the cure of carbuncles & anthrax.

**A**S concerning the curation bothe of a carbuncle and pestilence soze called anthrax ye may do every thing accordinge as we spake afoze in y<sup>e</sup> generall cure of y<sup>e</sup> pestilence, both as touchinge diete, medicines against the venime, cozdialles, lacatines, blood lettinges, & ventoscs, ye shal heale them as ye heale the botche, in all thinges. But as touching letting of bloude, when ye se a carbuncle oz an anthrax by him selfe without apostime of the eniuncatories, be it vpon the necke, oz vpon the throte, oz the face, oz y<sup>e</sup> head, ye must let him blood in the head veine.

Z. iii.

36

A treatise of

If it be vpon y<sup>e</sup> shoulders, breasts  
o<sup>r</sup> armes, o<sup>r</sup> other places aboue y<sup>e</sup>  
navill, take the veine called medi-  
ana.

And if it bee beneth the saied pla-  
ces, downe vnto the knees, take y<sup>e</sup>  
veine saphena, but if it bee on the  
outside of the thigh, take the veine  
sciatica, euer vpon the side that the  
soze is on, (as is said afoze) consi-  
dering the cōplexion, y<sup>e</sup> strength,  
the age, & the qualitie of y<sup>e</sup> blond,  
euen as is said in the chapter of y<sup>e</sup>  
botche, and likewise apply y<sup>e</sup> ven-  
teles vpon the that can not beare  
flenbothomie.

Which thinges presupposed, it  
is good to set vpon the carbuncle,  
whether it be with botch o<sup>r</sup> wout  
botche, y<sup>e</sup> yolke of an egge, in co-  
poiate



porate w<sup>th</sup> as much salte as ye can  
temper with it, renuing it euerie  
houre during a hole day.

¶ 2<sup>d</sup> els applye the saied leches o<sup>r</sup>  
bloud suckers round about y<sup>e</sup> soze  
and after they haue sucked out the  
bloud, set theron a corke as is said  
of the botche, o<sup>r</sup> els a doue all hote  
splitte in the middle. And he that  
can not gette the leches, yet lette  
him not faile to applie the residue  
of the saide medicines, euerie one  
after other as afoze is saied.

¶ 3<sup>d</sup> a hote lofe commin out of y<sup>e</sup>  
ouen, o<sup>r</sup> take a solwer pōgranard,  
& cut & seeth it in vineger, o<sup>r</sup> sca-  
bious bzused betwene two stones  
o<sup>r</sup> y<sup>e</sup> roote of daises, o<sup>r</sup> good solwe  
dough, incorporate wyth salte  
and a lyttle oyle. Olive: all these

**A** treatise of  
medicines are good to kill the carbuncle.

The precious stone called a sapphire hath also greates vertue against venim & specially against a carbuncle, if ye touch it with the stone, and draw it rounde about the soze by the space of an houre. But what soeuer medicine ye set vnto a carbuncle, ye must lay a defensie about y<sup>e</sup> soze, which is made as hereafter shaloweth.

¶ A good defensie.

Take sanguis draconis, & bole arment, of eche a like much, make them in pouder & incorporate the with oyle of roses, and a litle vinegar, and lay it in a cloth all about y<sup>e</sup> soze, woute touching any parte of it, and renew it when it is hard  
and

and dye.

But if the person be of good ability, and the carbuncle very scarce and burning, cannot be quenched with þe meanes aforesaid than ye must procede w<sup>th</sup> an actuall oꝝ pꝛotentiall cauterie, and to remoue þe escare, laye on rapons greace oꝝ a litle butter, oꝝ els a plaister made of mallow leaues, holihockes violettes, lily rotes sodden in broth of netes fete oꝝ other flesh, & after ward stamped, strained, and vpon the fier mingled w<sup>th</sup> pouder of linc sede, barlye floure, beane floure, freshe butter, and swynes grece, addinge in the ende whan ye take it of, two yolkes of egges & a litle saffron, and stirre it well about.

This is good also to ripe þe soꝛe  
said

the Pestilence

saide soze, afterwarde mundifye  
and heale as is sayde in the other  
chapter.

I could declare many other reme-  
dies but I set them that have bene  
often pꝛoued, and that bee moste  
easy soz to get at nede, desiring al  
them that shall vse these my um-  
ple labours, to accepte my good  
will vnto the best, and to praye to  
God almighty soz hys grace,  
vnto whom onely bee all  
laude gloze and ho-  
noꝛ, wozlde with  
out ende.

*Amen.*

177  
**A declaration of the**  
**Veines in mans body,**

**and to what diseases &**

**infirmities the open-**

**ing of euery**

**one doe**

**serue.**



**I**s not vnknownen to  
anye which haue seene  
Anathomies, how there  
be in a mans body two  
kindes of veines, gene-

**rall and speciall.**

General or comune veines are  
three which appeare in þ myddest  
of euery mannes arme on the  
inner side, and of them the high-  
est is called of lerned menne  
Cephalica, or the heade veyne  
and

**A declaration**

and the lowest of all three, is called commonly basilica or regia, in the right arme by an other name epatica, or the veine of the liuer, but in y left arme, it is called pulmonica, the veine of the longes.

The three common veines, lieth betwen the other. ii. in the middes and is named cordiaca, or y veine of the hert.

The first that we did speake of, that is to say cephalica, is a veine most apt to bee letten bloud, in all the hier partes of mans body, and is opened for the head ache, and y ries.

This veine if by chaunce ye touch it, and if it blede not at the first stroke ye may be bold to strike it once agai so, ther is no ieper of

of

of cuttunge of any muscle. And if  
ye can not finde it oute, take bys  
bzaunche y<sup>e</sup> is about y<sup>e</sup> thōbs ende.

The veine epatica, emptieth frō  
the middle partes of all the body,  
and it is euer opened against dis-  
eases, of the stomake, & the splene  
but ye ought therin to be very di-  
ligent, that there be no muscule  
perced.

If ye can not spie in the arme,  
seke the bzaunche of it betwene y<sup>e</sup>  
litle finger and the fourth.

The cordiaca veine draiweth  
bloude as well from beneth, as  
from aboue, for it is compounded  
of cephalica and epatica.

If any feleth a weakenes at the  
herte, he oughte to take good hede  
that he bee not opened in y<sup>e</sup> veine  
cordia.

**A declaration**

rodiaca, but if necessitie be of bleeding, let him blede in the cephalica or els mediana.

So likewise of the other. ii. The rodiaca, is good to cure the passions of all y<sup>e</sup> hote bodye, whan they do procede of heate, specialy of y<sup>e</sup> herte and of the longes.

But in y<sup>e</sup> percing of it, ye must exceedingly beware, for vnder it is a certain muscle, which if it be very depely cutte, the patient is in ieopardy of his life.

When ye entend to let a person bloud in any veine, ye must bathe the arme wherin ye perce, in good hote water, and drawe the hole abroad, that the grosse bloud maye the moze easely passe. And here is to be noted, y<sup>e</sup> in all sickenneses &  
times



times (except onely infection of þ pestilence) ye muste take the same veine of the. iii. that doth appeare fuller & bigger than the other are for by that ye maye perceiue that the members which belong vnto it, are ful of superfluites of to hot bloude, and this shalbe sufficient of the sayde vaines generall: now we wil reherse the veines special.

The veine in the higher part of the forehead is good to be opened in all diseases of the head, & of the braine, specially if they be of long continuance, & it cureth þ newe begon leproy.

The ii. veins þ are behind þ eares are opened to preserve þ memory, mūdifi þ face, & to take away reus & distillacions from þ head, & are good

**A declaration**

good generally in al diseases of y  
mouth and of the gummes.

The.ii. veines of y temples of  
y head, are good to boide humoꝝ  
from the eies, & they serue also for  
all diseases of the eares.

The.ii. beins in the coꝝners of y  
eies are opened in y cure of webs  
spottes, cloudes, milles, perles,  
rednes, coꝝnes, and other infirmi-  
ties and weakenesse of the sight.

The ii. veines in the holownesse  
of the eares, serue to heale the sha-  
king of the head, swimming of y  
eies, desines, sounding of y eares,  
new deafnes, and vnclennes of y  
mouth.

The beine in the tip of the nose,  
is good against the apostumes of the  
heade, reumes, and fluxes of the  
eies,

sies, it purgeth the braine, & com  
forteth the memozy.

This vein must be sought very  
wisely, for it lieth deepe, therefore  
he that wil be sure of it, shal finde  
it euen in the very mids betwene  
the two sides of the nose ende.

The.ii. beines within the nose,  
thzils, are opened against the hea  
uines of the head.

The vein of the lips is good to  
take in all diseases of y mouth.

The.ii. beines within y meuth,  
are opened in diseases of the head  
tooth ache, payne of the iawes,  
mouth and throte, & agaynst the  
freakles of the face.

The.iii. beins in y palate of the  
mouth, are good to bee opened in  
the tooth ache, reumes & catarres

### A declaration

of the head.

The. ii. veines in the hinder part of the head, are good againſt the phrenſy, ſwimming, aſtonying, & all other paines of the head.

The. ii. veines vnderneath the tongue, are opened againſt the ſtrokes of the head, palsies, quicities ſcrophules, apoplexia, rough paines of the mouth, teeth, and gums, againſt impediments of ſpeech, & generally in all diſeaſes of the breaſt, hart, longes and arteries.

The veine that is betwene the chin and the nether lippe, is good to open in curynge of a ſlinkinge breath.

The veine ſo lyeth right-vnderneath the chin, is good againſt the ſame diſeaſe, and alſo in diſeaſes of  
at

## of beynes.

of the head & of the brest Polipus  
in the nose, paines of the chekes,  
stinking of the noſethrils, ſcrophu-  
les & ſpots about the face. The ii  
veines of the necke (one afore, an-  
other behinde) are exceeding good  
againſt the plureſy, newe lepy,  
ſhaking of the members, humors  
and diſtillations of the heade and  
to much ſtiffneſſe of the limmes.

The ii. veines vnder the arme  
holes, ſerue againſt the ſtreytneſſe  
of the breaſt paine of the midriſe,  
& the longes, & againſt difficultye  
of breathing, called aſthma.

The two beynes aboue the el-  
bowes, are taken in al diſeaſes of  
the breaſt, ſwimming of the heade  
ſpaine, and epilepſia, commonly  
called the falling euill.

c. ii.

Thena

A declaration

Vena purpuria, or the purple vein, lying in the right arme next Epatica, towarde the hande is opened against diseases of spiritual members, and of the bowels.

The veyne Illiaca nexte vnto the purple veyne, if it be well taken, is good to heale the paines of all the inwarde members.

Vena Pulsatilis, or the beating veyne is good agaynst the trembling of the heart, swooninge, & Cardiacapassio.

The two veynes of the thombs are opened in diseases of the head bleared eyes, and against the most part of all feuers.

The veyne betwene the forefinger and the thombe, is good for stopping of the head and to purge the

the superfluity of cholere, is good  
in agues, and in al diseases of the  
eyes.

The beyne that is betwene the  
ringe finger and the little, (if it  
be opened) taketh alwaye diseases  
of the heade, the Longes, and the  
splene.

The berne called Saluatella,  
in the right hand, betwene the lit  
tle finger and the next adioyning  
is opened in opilacions of the brest  
against the gummy matter of the  
eyes, perbraking, yelow iaundis,  
paines and colykes in the ryghte  
side of the belly. And in the lefte  
hande it is opened against all dis  
eases of the splene, comyng of re  
plerion and opilation, and it is  
good to heale the Hemeroides,  
¶.iii. phrensie,

**A declaration**

phrensy, colykes in the lefte side,  
diseases of the veines, & to muche  
abundance of the flowers.

The veine of the right side, if it  
be opened is good in lenteria, dis-  
siteria, dropsyes & other infirmy-  
ties caused of colde matter.

The veyne of the lefte syde is  
good against apostemes & ercozi-  
acion of the bladder, peynes of the  
lognes, swelling and stoppyng of  
the splene.

The veine of the belly is good  
agaynst diseases of the keynes,  
and purgeth out the Melancholy  
bloud.

The. iiii. veines about the place  
called Pecten, on eyther syde the  
prinyp members are good agaynst  
superfluous issues of the hemoioi  
des



des, and to swage paine in all diseases of the bladder, & the secrete places, they stop the bleeding of the nose & of other members, & are good to heale the lienterie & strangury.

The veine ouer the foreskynne of the yarde, is opened against the dropsie and all diseases of the same member.

The veine vnderneath the sayde skinne is holisome to be taken for the crampe or spasme colike, swelling of the cords, strangury, dysurie, & diseases of the stone, both in the reynes, & in the bladder.

The ii. beynes of the thyghes haue a singular vertue in curing of diseases in the bladder, and the reynes.

The two beynes in the legges  
 s. iiii. do

### A declaration

Do serue against the dropsy, paine  
and apostemations of the bladder  
and the reynes and the priuy me  
bers, and against the gout & swell  
ing of the knees.

The veine saphena on the inner  
syde of y<sup>e</sup> legge, is opened against  
reception of the flowers, & in all  
dysseases of the Matryce, reynes,  
hips, priuy places of men & women

The outward Saphena, other  
wise called Sciatica, descending  
from the legges on the oute syde,  
is exceeding good in curyng the  
payne of the huckle bone, wherof  
it hath the name Sciatica, & ouer  
that it healeth all dysseases of the  
bladder & the bowels, gout of the  
hands and of the feete, with other  
payne of the ioyntes, & the palsy.

The

The ii. outward beynes bypon  
the angles, are good to be opened  
for retention of the flowers, they  
take away the sickness of the spleene  
& ease the payne of the backe strā-  
gury and stone.

The two beynes vnder the litle  
toe are good to pouрге the super-  
fluity of the matrice, and to heale  
Scrophulus of the face, and the  
legges.

The two beynes adioynynge  
to the litle toe, cure the apoplexie  
yelow cholere, palsy, and all dys-  
eases of the reynes.

The two beynes in the lesser  
ioyncte of the litle toe, are opened  
in curinge of an olde coughe, pu-  
sles, & ophthalmia in the eyes.

The two beynes in the myddle  
toe,

of beynes

toe are good agaynst the scrophu-  
les and diseases of the face, spots,  
rednes, & pimples, watring of the  
eyes, cankers & knobs, & agaynst  
the stoppinge of the floures. The  
beine on the left soynt in y<sup>e</sup> greate  
toe, is good agaynst ophthalmia  
of the eyes, spottes of the face and  
the legges, y<sup>t</sup>ch, and blcers of  
euyl complexion, and  
purgeth superflui-  
ties of the ma-  
trice.

Thus much I haue  
declared of the  
vtilitie of  
beins.

FINIS.

# The booke of Chyldren.

185



I begyn a treatise of the cure of chyl dren, it should seeme expedient & we should declare somewhat of the principles, as of & generacion, they being in & wōbe the time of procedinge the maner of the birth, the binding of the nauell, setting of the members, lauatozies, vnctions, swathings, & entreatments, with the circūstances of these & many other which if I should rehearse in partycles, it should require both a longer time, & encrease into a greater volume  
But

The booke

But for as muche as the moste of  
these thinges are very true & ma-  
nifeste, some perceiving onely to  
the offyce of a midwyfe, other for  
the reueuerence of the matter, not  
meete to be disclosed to euery vile  
person: I entende in this booke to  
let them all passe, and to treat on-  
ly of the thinges necessary, as to  
treate only of the thinges necessa-  
ry, as to remoue y<sup>e</sup> sicknesses wher-  
with the tender babes are often-  
times affected, and desolate of re-  
medy, for so much as many do sup-  
pose that there is no cure to be mi-  
nistred vnto the by reason of their  
weaknes. And by y<sup>e</sup> bayn opinion  
yea rather by a folish fear, thei for-  
saake many y<sup>e</sup> might be wel recoue-  
red, as it shall apere by y<sup>e</sup> grace of  
God,

god, herefter in this litle treatise,  
when we come to the declaration  
of the medicines. In the meane  
season for confinity of the matter  
I intend to write somewhat of the  
nource, & of the milke, with the qua-  
lities & cōplexiōs of the same, for  
in that cōsisteth the chiefe pointe &  
sūme, not only of the maintenāce  
of health, but also of the forming  
of infecting eyther of the witte or  
maners, as the Poet Virgil when  
he would discrybe an vncurteys,  
churlyshe and a rude conditioned  
tyrant, did attribute the faulte to  
the geuer of the mylke, as in say-  
ing thus.

*Nec tibi diua parens, generis nec Dardanus  
author,*

*Perfide, sed duris genuit te caulis horrens,  
Caucasus*

The booke

*Caucasus hircana q. admodum vera tigris.*

For that diuine Doet beyng  
thoroughly expert in the priuities  
of nature, vnderstode ryghte well  
howe greate an alteration euery  
thing taketh of the humoꝝ, by the  
which it hath his alymēt & nou-  
rishing in the youth: which thing  
also was considered and alleged  
of many wise philosophers: Plato  
Theophrastus, Xenophon, Aristo-  
tle, and Plinye, who dyd all as-  
cribe vnto þ̄ nourcemēt as much  
effecte oꝝ moze, as to the genera-  
tion.

And Phauorinus þ̄ Phyloso-  
pher (as writeth Aulus Gellius)  
affirmeth þ̄ if the lambes be nou-  
rished with the milke of goates,  
they shal haue course wolfe, lyke  
the



the beare of goates: & if kiddes be  
like māer suck vpo shepe. & beare  
of them shalbe soft-like wolle.

¶ Whereby it doth appere, that y  
myke & nourishing hatb a mar-  
ueilous effect in chaūgig the cō-  
plectō, as we se lykwise i herbes  
& plantes, for let y seede or imps  
be neuer so good and pure, yet if  
they be put into an vnkid earthe  
or watred with a noughtye & vn-  
hol some humor, either they come  
not vp at all, or els they will be-  
generate and turne out of theyr  
kynde. so that scarce it maye ap-  
peare frō whence they haue been  
taken: acco;dyng to the verse.

*Quoniamque degenerant succos oblita priores.*

¶ Therfoze it is agryd to nature  
so is it also necessary and comly  
so

The booke

so is it also necessarye and comly  
for the own mother to nource the  
owne childe.

Which if it may be done, it shal  
be most cōmendable & holesome,  
if not, ye muste be wel aduised in  
taking of a nurce, not of yll com-  
plexion and of woyle maners: but  
such as shal be sober, honeste and  
chaste, wel fourmed amiable and  
cheresul, so that she may accustōe  
the infante vnto mirth, no drow-  
nard, vicious no: sluttish, for such  
corrupteth the nature of the child

But an honest woman (such as  
hadde a man chylde laske afoze) is  
best not within two monethes af-  
ter her deliuerāce, no: approchyng  
nere vnto her time againe. These  
thynges oughte to be considered

of

of Children.

178

of euery wise person, y wil set  
theire childre out to nurce. Noe  
ouer, it is good to loke vpon the  
milke, & to see whether it be thike  
and grosse, or to muche thine and  
watrye, blackishe or blew, or en-  
clinig to rednesse or yelowe, so: all  
suche are vnnaturall and euil.

Likewise when ye taste it i your  
mouth, if it be ether bitter, salt, or  
sour, ye may well perceue it is  
vnwholesome.

That milke is good, y is white  
and swete, & when ye droppe it on  
your naile, & do moue your syn-  
ger, neither fleteth abrode at eue-  
ry steryng, no: wil hang fast vpon  
your naile, when ye turne it dou-  
warde, but that whiche is betwen  
bothe, is best.

A. i.

Some

The booke

Somtime it chaunceth y the milk  
wasteth, so that the nurse can not  
haue sufficient to sustaine y child,  
for the which I wil declare reme-  
dies leauing out y causes for bre-  
uitie of time.

¶ Remedies appropriate to the en-  
creasynge of mylke in the  
brestes.

**P**Asneppe rootes, & fenel rootes  
sodden in broth of chickyns, &  
afterwarde eaten with a little  
freshe butter maketh encrease of  
mylke within the brestes.

¶ Another.

The pouder of earthworms dry-  
ed and broken in the brothe of a  
neates tounge is a singuler expe-  
riment for the same intēt.

Also the broth of an olde corke,  
with

With mintes cinamome & maces.

Rice also sodden in cowes mylk  
with the crummes of white bread  
fenell seede in powder, and a litle  
suger is exceeding good.

¶ Another good medecine for  
the same.

Take Chyssal, & make it in fine  
pouder, & mire it w<sup>th</sup> as much fenel  
seede and suger, & vse to drynke it  
warne with a litle wyne.

¶ A plaister for the encrease  
of mylke.

Take fenell, and horehound, of  
euery one two hādfuls, anise seede  
foure drammes saffron a scruple  
in powder, swete butter iii ounces,  
seetb them in water, and make a  
plaister to be layde vppon þe nur-  
les breaſts.

¶ A. ii.

These

The booke

These thinges haue property to  
augment the mylke, Dyll, anyse  
seede, fenell, Chyrtall, hoozehoude  
freshe cheese, hony, lettise, beetes,  
mynts, carrette rootes, parsneps  
the dugges or bodder of a cowe or  
a sheepe, goates mylke, blanched  
almondes, ryce porage, a coves  
tongue dyed and made in powder  
potched egges, saffro, and y<sup>e</sup> iuice  
of roasted bele dronken.

Thus much of the nourse, and  
of the milke: now wyll I declare  
the infirmities of chyldren.

Although (as affirmeth Plinie)  
there bee innumerable passions &  
diseases, wherunto y<sup>e</sup> bodie of man  
is subiect, & as well may chaunce  
in the younge as in the olde; yet  
soz most commonly the tender age  
of

of Children.

of children is chiefly vexed and  
griued w these diseases folowig.

Apofume of the brayne.  
Swelling of the heade.  
Scalles of the head.  
watching out of measure.  
Terrible dreames.  
The falling euill.  
The palsey.  
Crampe.  
Stiffenes of lymmes.  
Bloudshotten eyes.  
Watring eyes.  
Scabbynesse and pteche.  
Diseases in the eares.  
Meling out of measure.  
Breding of teeth.  
Canker in the mouth.  
Quinsie or swelling of throte.  
Coughs.  
Soretnes of wynde.  
Fiebrenes of the stomake & vomiting.  
Yeaung or hicker.

Ja.iii.

Colike

The booke

Colicke and rumbling in the guttes.

Flux of the belly.

Stopping of the belly.

Woznes.

Swelling of the nauil.

The stone.

Disling in tw.

Wasting.

Fayling of the skynne.

Chafing of the skynne.

Small pockes and meales.

Feuers.

Swelling of the roddes.

Sacer ignis oz chingles.

Burning and scalding.

Rybbes.

Consumpcion.

Leaneffe. Gogle eyes.

¶ Of the Apostumes of the braine.

**I**n the filme y couereth y brain  
chauceth oftentimes apostema  
cion & swelling, eyther of to much  
cryng of the chylde, oz by reason  
of



of Children.

of the mylke immoderatlye hote,  
oz excelle of heate in the bloud, oz  
of colde fleume, & is knowen by  
these signes.

If it be of hote matter, þ head of  
þ childe is unnaturally swollen,  
& hote in þ feling: if it come of cold  
matter, it is somewhat swollen,  
pale & colde in þ touching, but in  
both cases þ childe cannot reſte, &  
is euer loth to haue hys head tou-  
ched, cryeth and bereth it ſelfe, as  
it were in a frenſey.

¶ Remedy.

Make a bath of mallowes, camo-  
mil, & lilies ſoddē w a ſhepes head  
til þ bones ſal, & w a ſpōge oz ſoft  
clouts, all to bath the head of the  
childe in a colde apoſtume, with the  
bothe hote as may be ſuffered,

¶ A. iiii. but

**The booke**

but in a hot matter, weete þ broth  
like warme, oz in the colyng, and  
after þ bath, set on a plaister thus.

¶ A plaister.

Take fenugreke, ramomil, worm  
wood, of euery one an hādful seeth  
them in a close bessel, tyl the third  
part be cōsumed, then stampe the  
in a moxter, and styre them, to þ  
which ye shal put of þ same broth  
againē ynough to make a plaister  
with a litle beane floure, yolkes of  
egges and saffrō, adding to them  
fresly butter oz duckes grease suffi  
ciēt, and apply it. In a colde mat  
ter let it lye a daie: but in a hote  
ye must remoue euery fyre houres

¶ Of swelling of the  
head.

¶ Indas

of Children.

**I**nflaciō or swelling of y<sup>e</sup> head,  
cometh of a windy matter, ga-  
thered betwene the skinne & the  
flesh, & sometime betwene y<sup>e</sup> flesh &  
y<sup>e</sup> bones of y<sup>e</sup> scul, y<sup>e</sup> tokens, wher-  
of, are manifest ynough to y<sup>e</sup> sight  
by the swelling or puffinge vp, &  
pressed with y<sup>e</sup> finger, ther remai-  
neth a print, which is a signe of  
wynde and viscous humours, ye  
shall heale it thus.

¶ Remedy.

First let y<sup>e</sup> nurse auoide al thigs  
that engender winde, salte or si-  
my humours, as beanes, peason  
celes, salmon, saltfishe & lyke: thē  
make a plaister to y<sup>e</sup> chyldes head  
after this fashion.

Take an handefull of fenel, smal  
ache & dille, & seeth thē in water in  
a close

The booke

a close vessel afterward stäpe the,  
and with a litle cūmine, & oile of  
bitter almōds, make it vp, & laye  
it often to y<sup>e</sup> childes heade warme.  
In defaulte of oile of almōndes  
take gosegreace, addig a litle vi-  
neger. And it is good to bathe y<sup>e</sup>  
place w<sup>th</sup> a softe cloute, or a spōg in  
y<sup>e</sup> broth of these herbs. Rue, time,  
matorā, yslope, fenell, dill, cūmin,  
sal, nitre, mites, radishrootes, roc-  
ket or some of the, euer takig hed  
y<sup>e</sup> ther droppe no porciō of y<sup>e</sup> mede-  
cines in y<sup>e</sup> childes eies, mouthe or  
eares.

¶ Scalles of the head.

**T**he heads of childre are often  
times blcered & scaled, as wel  
whē they suke, & then mosse com-  
mōly by reson of sharp milke, as  
also

o' Chylidion.

also whē they haue bene wayned,  
and can goe alone. Sometime it  
happenith of an euill complexiō  
of humours by eatig of rawe fruit  
or other euill meates, & somtime  
by long continuing in the sunne,  
many times by dropping of resty  
lakō, or salt beefe on their heads.

Other whiles they be so borne  
out of their mothers wombe, & in  
all theis is no great difficulti till  
the heare be growē but after y,  
they require a greater cure & a cū  
ning hande, not withstanding as  
god shal geue me grace, here shal  
bee sayed remedies so; the cure  
of them, suche as haue bene of  
tentymes approued wherein I  
haue intended to omitte the dis  
putacions of the dyfference of  
scales;

The booke

scalles, & y<sup>e</sup> humours whereof they  
doe p<sup>ro</sup>cede, and wyll go streight  
to the composition of medicines,  
folow<sup>ing</sup> y<sup>e</sup> good experience, here  
ensuing.

¶ Remedies for scalles.

If ye se the scalles like y<sup>e</sup> shelles  
of oysters, blacke & drie, cleaving  
bp<sup>o</sup> y<sup>e</sup> skinne, one within an other  
ye may make a somētaciō of hote  
and moyst herbes, as fenugreke,  
holyhocke, beares breeche, line  
seede, and such other, soddē all o<sup>r</sup>  
some of them in the b<sup>ro</sup>th of netes  
feete, and so to bath the sores, and  
after that applie a softe plaitter of  
the same herbes, w<sup>th</sup> gosse grease o<sup>r</sup>  
butter, vsing this stil, tyll ye see y<sup>e</sup>  
scabbe remoued, and thē wash it  
w<sup>th</sup> the iuice of horehousd, smallach  
and

of Childzen.

& betony, sodden together in wine  
& after y<sup>e</sup> washing putt vpon it pou-  
der of mirre, aloes & frankensence  
or hold his head ouer a chafingdish  
of coles, wherein ye shall put frā-  
kensence & saunders in powder.

But if ye see y<sup>e</sup> scabs be very soze  
& mattrie w<sup>th</sup> great paine, & burnig  
of the head, ye shall make an oint-  
ment to coole the matter thus.

¶ An ointment to coole the burning  
of a sore head.

Take white leade and lptarge, of  
euery one v. drāmes, lie made of y<sup>e</sup>  
ashes of a vine. iiii. drammes, oyle  
of roses, an ounce, ware an ounce  
melte the ware first, thā put to y<sup>e</sup>  
oyle & lie, w<sup>th</sup> the reste, & in y<sup>e</sup> ende  
y<sup>e</sup> yolkes of egges, make an oint-  
ment, & lay it to the head. This is  
the

**The booke**

**The composition of Rasis.**

**¶** An other ointment singular for  
*the same purpose.*

Take betony, groundswel, plāine  
funitory, & daises, of euerye one  
like much, stāpe thē, & mingle thē  
w<sup>th</sup> a poude of fresh swines greace,  
let thē stād closed in a moist place  
8. days, to putrify, thā fry them in  
a panne, & straine thē into a cleane  
vessell, & ye shal haue a grene oint  
ment of a singular operacion for  
s<sup>ayd</sup> disease, & to quēch al vnkinde  
heates of y<sup>e</sup> body. Also ye must vse  
to shauē y<sup>e</sup> head, whatsoeuer thīng  
ye do lay vnto it. If ther lacke y<sup>e</sup>  
cleansing of the sores, & the childe  
weaned, ye shal do wel to make an  
ointmēt of a litle turpētine, bules  
gal, & hony, & lay it vpon y<sup>e</sup> sores.

Also



of Chldren.

Also it is proued, that the brine of  
a bulle is a siguler remedy to mū  
dify y<sup>e</sup> soze, & to lose y<sup>e</sup> heares by y<sup>e</sup>  
rootes, wout any peyn or perell.

The iuice also of mozell, daisy  
leaves & groundswel frico w<sup>th</sup> grece  
& made in an ointmēt, coethal vñ  
kind heates & pustles of the head.

Here is to be noted, that during  
this disease in a suckinge childe, y<sup>e</sup>  
nource muste auoide all salt, and  
solwer meates that engender cho-  
lere, as mustarde, vineger, and  
such: and almaner fruites, (except  
a pomegranade & she must abstain  
in this case, both from egges, &  
frome other kinde of whie metes  
in generall, & aboue all she maye  
eate no dates, figes, noz purcelās  
soz many holde opiniō that pur-  
lane

**The booke**

lane hath an euill propertie to  
breede scabes & vlcers in y<sup>e</sup> heade.  
Moreouer y<sup>e</sup> childes hed may not  
be kept to hote, for y<sup>e</sup> is oftentimes  
the cause of this disease.

Sometimes it chanceth y<sup>e</sup> there  
bredeth in y<sup>e</sup> hed of childre as it  
were litle wartes or knobcs some  
what hard, & can not be resolved  
by the said medicines. Wherefore  
when ye se y<sup>e</sup> none other thig will  
helpe, ye shal make a good ointment  
to remoue it i<sup>n</sup> māer as here after  
is declared.

An excellent remedy for watter,  
or knobcs in the head.

Take litarge & white lead, of  
eche a like quantitie, brimstone and  
quicke siluer quenched w<sup>th</sup> spittle,  
of eche a lesse quantitie, twice as  
much

of Children.

much oile of roses, & a spoſfull oꝝ  
two of vinegar, mire the together  
on a marble, til they be a ointment  
an lay it on y head, & when it hath  
ben dry an hour oꝝ. ii. washe it of  
w water wherē was soddē maio-  
ram, sauery & mintes, vse it thus  
twise a day moꝝnig & euenig, till  
ye se it hole. This thinge is also  
good i al y other kind of scalles.

Of warching out of measure.

**S**lepe is the nourishment & sode  
of a sucking child & as much re-  
quisite as y very teate, wherfore  
whan it is depꝛived of y naturall  
rest, all the hole body falleth in dis-  
temper: crudity & weaknes, it pro-  
cedeth comonly by corruption of  
the milke, oꝝ to much abundante,  
which ouerladeth the stomake:

**The booke**

for lacke of good digestion vapors  
& fumes arise into the head and in  
fect the braine, by reason whereof  
the child cannot slepe, but turneth  
& vereth it selfe with crying: ther  
fore it shalbe good to prouoke it to  
a natural slepe thus, according to  
Rasis. Annoint the forehead & tē  
ples of the childe with oyle of vio  
lets & vineger, puttinge a drop or  
two in y<sup>e</sup> nozethyls, & if ye cā get  
any sirupe of poppy, geue it y<sup>e</sup> child  
to licke, & then make a plaister of  
oyle of iassron, lettuse, & the iuice  
of poppye, or wette cloutes in it,  
and lay it ouertwhart the tēples.

Also the seedes and the heades  
of poppy, called chesbolles, stam  
ped with rose water, & mirt wyth  
womans milke, and the whyte of  
an

of Childer.

an egge, beaten all together and made in a playster causeth þe child to receiue his natural slepe.

Also an ointmēt made of the sede of poppy & the heads, i. ounce, oyle of lettuse & of poppy, of each two ounces, make an ointment & vse it. They þe cānot get these oiles may take þe verbes or iuice of letuse purcelane, house leke & poppy, & wryth womans mylke, make a playster, and lay it to the forehead.

Oyle of violets, of roses, of nenuphar are good, & oyle of populeō, the booth of mallowes sodden, & the iuice of water plantaine.

Of terrible dreames & feare in the sleepe.

**S**ometimes it happeneth þe childe is afrayd in the slepe, & sometime waketh sodainly, & ster-

Bb. ii.

teth,

The booke

teth, somtime shriketh & trebleth,  
which effect cometh of y arisyng  
of stinking vapours out of the sto  
make into the fantasie & senses of  
the braine, as ye may perceyue by  
the beth of the childe, wherfore it  
is good to giue him a litle hony to  
swallow, and a litle pouder of the  
sedes of peome, & sôetimes triacle  
in a litle quântity with milke, & to  
take hede that the chylde slepe not  
with a full stomake, but to bear it  
about wakig, til part be digested  
& when that it is layd not to rocke  
it much, soz ouermuch shaking let  
teth digestion, & maketh the chylde  
many times to vomite.

The falling euil called in the  
greke tongue Epilepsia.

of Chylde.

**N**ot onely other ages but also  
little children, are oftentimes  
afflicted with this greuous siknes  
somtime by nature receiued of the  
parents, & then it is impossible or  
difficile to cure. Somtime by euil &  
vnholsom diet, wherby ther is en-  
gēded many cold & moist humors  
in the braine, wherupō this infir-  
mity proceedeth, whych if it bee in  
one y<sup>e</sup> is yong & tender, it is very  
harde to be remoued, but in them  
that are somewhat strōg, as of. vit-  
peres and vpwārd, it is moze easy.

I finde that many thinges haue  
a natural vertu agāst the falling  
euil, not of any quality elemētal,  
but by a singular property, or ra-  
ther an influences of heauon, which  
almighty God hath geuen vnto  
things

The booke

things here in earth, as by these  
and other.

Saphires, smaragdes, red coral  
piony, mistletow of the oke, taken  
in the month of March, & y<sup>e</sup> mone  
decrea<sup>i</sup>ng, time, sauiens, oil, & the  
stone that is found in the belly of  
a yong swallow, being the sy<sup>st</sup>e  
hode of the dam. These o<sup>r</sup> one of  
thē hanged about the necke of the  
childe, saue<sup>t</sup>h & preserveth it from  
y<sup>e</sup> said siknes. Now wil I describe  
some good & hol<sup>s</sup>oe medicines to  
be take<sup>n</sup> inward fo<sup>r</sup> y<sup>e</sup> same disease

If the child be not very you<sup>n</sup>g, y<sup>e</sup>  
ma<sup>n</sup> of a leueret, do<sup>e</sup>ke with wa<sup>t</sup>er  
& hony cureth the same.

A medicine for the fallinge sicknes.

Take the roote of piony, & make  
it into pouder, & geue it to y<sup>e</sup> child  
to



of Chydren.

to lick in a little pappe & suger.  
They y are of age, may eate of it  
a good quantity at once, & likewise  
of y black sedes of the same piony

Item the purple violets y crea-  
peth on the ground in gardenes  
with a longe stalke, & is called in  
english hartesease dzonken in wa-  
ter, oz in water & honye, healepeth  
this disease in a young childe.

Moreover the muscle of the oke  
raised & geuen in milke, oz in wa-  
ter and hony is good.

Also ye may still a water of the  
flours of lind, it is a tree called in  
latin *Ilia*, the same wherof they  
make ropes & halters of the bark,  
take the same flours & trissil a wa-  
ter, & let y pariet drinck now & ths  
a sponesful, it is a good remedy.

**Ab. iiii.**

**Item**

The booke

It is the roote of the sea thistle cal-  
led *Erigium* in Latin, eaten in  
broth or dȳken, is exceeding good.  
Some write y<sup>e</sup> cicory is a singular  
remedy for y<sup>e</sup> sae disease. It is met  
by wild cicory growig in y<sup>e</sup> corns.

The floures of rosemary, made  
in a conserua hath the same effect  
in curing this disease.

I could declare many other reme-  
dies comended of authoꝛs, but at  
this time these shalbe sufficient.

Now I wyll entreate somewhat  
of the palsey.

Of the palsey or shaking of members.

The cure of y<sup>e</sup> palsey in a childe  
is not like to that wherch is in  
elder age, for the sinues of a childe  
be very nesh & tender, & therefore  
they ought to haue a much weaker  
medy.

of Chyliden

medicine euermoze regardinge  
power of the sicknes, & the vertus  
or debility of the greued patient.  
For sometimes the child cannot lift  
nether legs nor armes, which if it  
happen during the sucking, then  
must the nource vse a dyet enclp-  
nyng to hote & dry, & to eat spycs  
as galingale cinamō, ginger, ma-  
ris, nutmigges. & such other with  
rosted & fried meates, but abaine  
frō milke & al maner fish, & it shal  
be good for her to eate an electu-  
ary made after this sorte. Take  
mits, cinamō, cūmin, rose leaues  
dried, mastike, fenugreke, valerian  
ameos dozoniss, zedoary, eloues,  
saunders, and lignum aloes, of e-  
very one a dramme, muske halfe  
one dramme, make an electuary  
with

**The booke**

Worth claryfied honny & let her eate  
of it, & geue the childe as much as  
halfe a nut every day to swallow

**A playster.**

Take an ounce of war, & a dram  
of euphorbiū, at the Poticaries. &  
temper it with oyle Olive on the  
fier, & make a serecloth, to cōsoyt  
the backe bone, and the sinewes.

**A goodly lauatory for the**

**same purpose.**

Take lye of ashes, & seeth therein  
barberies, & as much piony sebes,  
in a close vessel to the third part. &  
wash the childe oite with y same.  
Itē a bath of sauery, mario:ā, time  
sage, nept, smallage, & mints, or  
some of the is very good & holson.  
Also to rub the backe of the childe  
& the lims, wpyth oile of roses and  
spike

of Chyliden.

spike mirte together warme, & in  
steede of it ye may take oile of baies

Of the crampe or spasmus.

**T**his disease is ofte sene amōg  
childre & cometh very lightly  
as of debility of y<sup>e</sup> nerues & cords,  
or els of grosse humours y<sup>e</sup> suffo-  
cate the same: the cure of y<sup>e</sup> whych  
is declared of autho<sup>rs</sup> to be done  
by friccions & ointments y<sup>e</sup> cōfort  
the sinowes & dissolue the matter,  
as oile of flourelaice with a litle  
anise, saffrō & the rootes of piony  
& tē oile of camomil, fenugreke, &  
mellilot, or y<sup>e</sup> herbs soddē, betony  
wozmwood, berucine, & time, are  
exceeding good to wash the child in  
Item the plaister of eupho<sup>bia</sup>,  
written in the cure of palsey.

Of the stiffness or starkness of limmes.

Some

The booke

**S**ometimes it happeneth þ the  
lims are starke, & can not wel  
come together without the grea-  
ter peine, which thyng procedeth  
manye times of colde, as when a  
child is found in the frost, oꝛ in þ  
strete, cast away by a wicked mo-  
ther, oꝛ by some other chaunce, al-  
though I am not ignozant þ it mai  
procede of many other causes, as  
it is said of Kalis & of Arnold *de vil  
li noua*, in his boke of þ cure of en-  
fantes. And here is to be noted, a  
wonderful secrete of nature, many  
times approued, wꝛittē of Auicen  
in his first Canon. & of Celias an-  
tiquarū electionū, lib. 20. riii. cap.  
xxvii. þ when a meber is utterly  
benumbed & taken through cold,  
so that the pacient cannot sele his  
limmes

of Chyldren

limmes, no: moue them accoꝝding  
to nature, by reson of y<sup>e</sup> behement  
cōgelacion of the bloude, in such  
case y<sup>e</sup> chyeffest helpe oꝝ remedy is  
not to set thē to the fier to receiue  
heat, foꝝ by y<sup>e</sup> meanes lightly we  
see that euery one swouneth, and  
many dye out right, but to set the  
secte, legges, & arme, in a paille of  
clere colde water, whych immedi-  
atly shal dissolue the cōgelacion, &  
restoze the bloud to y<sup>e</sup> foꝝmer pas-  
sage & fredome. after y<sup>e</sup> ye may lay  
the pacient in a bed to sweate, and  
giue him hot drinke & candels oꝝ a  
coleis of a capō hot, w<sup>th</sup> a litle cina-  
mon & saffron to cōsoꝝt the heart.  
An argumēt of this cure ye may  
see thus. Whē an apple oꝝ a pear  
is frose in the wynter, set it to the  
fyre

The booke

is destroyed: but if ye put it into colde water, it shall as wel endure as it did afore, wherby it doth appere, that the water resoluethe cold better with his moisture, then the fier can do by reason of his heate: so, the water relenteth and y<sup>e</sup> fier dryweteth & dryeth as affirmeth Galene in his booke of elements.

Whitherto haue I declined by occasion, but I trust not in vaine to y<sup>e</sup> reader, now to my purpose.

When a young childe is so taken with a colde, I esteeme it beste, so, to bathe the body in luke warme water, wherin hath bene sodden maiora & time, yslope, sage, mints & suche other good & comfortable herbs, the to releue it with meats of good nourishmet, according to the



of Children.

the age & necessity, & if neede be;  
whē ye see y<sup>e</sup> lims yet to be starke  
make an ointmēt after this cozme

*An ointment for stiffe and stonned limmes.*

Take a good handfull of nettels  
& stampe them then seeth them in  
oyle to the third part in a double  
vessel, kepe that ointmēt in a dry  
place, for it wil last a great whilē  
& is a singuler remedie for the stif-  
nes that cometh of colde, & whoso  
anointeth his handes & feete with  
it in the morning, shal not be gre-  
ued with colde all the day after.  
The seedes of nettles gathered in  
haruest & kept for the same entet,  
is exceeding good sodde in oyle, or  
fried wyth swines greace, whych  
thinge also is very good to heale  
the kibes of heles, called in latin  
Perniones

**The booke**

**Berniones.** The brine of a goate  
with þ donge stamped & laied to þ  
place, resoluetþ þ stiffness of lims.  
When þ cause cometh not by ex-  
treme colde, but of some other af-  
fection of the sinowes & cordes, it  
is best to make a bath oz a fomen-  
tation of herbes þ resolue & cōfort  
the sinowes, with relaxation of þ  
grosse humoꝝs, & to open þ pores,  
as by example thus.

Take malowes, holihocke & dyl,  
of eche a handful oz two, lietþ thē  
in þ water of netes fete, oz i broth  
of fleshe wout salt, w a handful of  
bzaune & cūmine, in the which ye  
shal bath þ child, as warme as he  
may suffer, & if ye see necessitie,  
make a plaister w the same herbs  
& lay it to þ grese w a little gōse  
grece

of Chaldren.

grete, or duckes grece, or if it may  
be got, oile of camomil, of lilies,  
& of oil, clouts wet in y<sup>e</sup> said deco  
ctiō, & laide about y<sup>e</sup> mebers helpeth

¶ Of bloud shotten eies, & other  
infirmities.

Somtime y<sup>e</sup> eyes are bloudshottē  
& other whiles encreasing a filth  
& white humour, couering y<sup>e</sup> sight  
y<sup>e</sup> cause is often of to much crying  
so: y<sup>e</sup> which it is good to drop in y<sup>e</sup>  
eyes a litle of y<sup>e</sup> iuice of nightshad  
otherwise called mozel & to anoint  
y<sup>e</sup> forehead w<sup>th</sup> the same, & if the eye  
swell, to wet a cloute in y<sup>e</sup> iuice, &  
the whittē of egges, & lay it to the  
griefe.

If y<sup>e</sup> humour be clāmmy & tough,  
& cleueth to y<sup>e</sup> corners of the eyes,  
so y<sup>e</sup> the child can not ope the after

Cc. l.

hys

The booke

his flepe, it shalbe remoued w<sup>th</sup>  $\frac{1}{2}$   
juice of houseleke, dꝛoped on  $\frac{1}{2}$  eye  
w<sup>th</sup> a fetther.

When  $\frac{1}{2}$  eye is bloudshotten &  
red, it is a singuler remedy to put  
in it the blood of a young pignon,  
oꝛ a dove, oꝛ a Partriche, either  
hoate from  $\frac{1}{2}$  birde, oꝛ els dꝛyed &  
made in powder, as subtil as may  
be possible.

¶ A plaister for swelling & payne  
of the eyes

Take quinces & crūmes of whit  
bread & seeth thē in water til they  
be soft, then stampe them, & wyth  
a litle saffron & the yolkes of two  
egges, make a plaister to  $\frac{1}{2}$  chyl-  
dres & sozehead. We may let hym  
also receiue  $\frac{1}{2}$  fume of  $\frac{1}{2}$  decocciō.  
It is also good in the meigrim: if

of Chyldren.

ye will haue further, loke in þe regiment of life, in the declaratiõ of paines of the head.

¶ Of watting eyes,

**I**f the chyldes eyes water ouermuch without crying, by reason of a distillacion cõ ming from þe head Panardus teacheth a goodly plaister, to restrain the reumes, and is made thus.

Partes hõrne bzent in pouder, & washed twise, guaiacũ, other wise called lignum sanctum, cozticum thuris, atimonie, of eche one part muske the iiii. parte, of one parte, make a fyne pouder and vse it w<sup>th</sup> the iuyce oz water of fenel. These thinges haue vertue to staunce þe running of the eyes. The shelles

Cc. ii,

of

The booke

of snayles bzent, the tickle that is  
founde in the dugges of kyne, phi  
lippendula, frankensence, and the  
white of an egge layed vppon the  
sozched, slewozt o2 y water wher i  
it stepe, tutie, y water of buds of  
oke stilled, beane floure finely sis  
ted, & wpth the gume of a cheritre  
stepe in vineger, & layed ouer al  
the temples.

¶ Of scabbines and yche.

**S**ometime by reason of excesse  
of heate, o2 sharpenesse in the  
mylk, thzough the nourses eating  
of salt and epgre meates, it happe  
neth y a chylde is sene ful of yche  
by rubbing, fretynge, & chafynge  
of it selfe, encreasing a scab called  
of the Grekes Psora: which thing  
also chāceth vnto many after they  
b:

of Chyliden.

bee weaned, proceeding of salt and  
aduste humours, the cure wherof  
differeth in none other, but accor-  
ding to the differēce of age, for in  
a suckyng babe y<sup>e</sup> medicines may  
not be so sharpe as it mai be suffred  
in one that is already weaned. A-  
gaynste suche unkynde y<sup>e</sup>tche, ye  
may make an ointment thus.

Take water of betony, two good  
handfuls, dayly leaues, & alehose  
otherwise caled tudnour or ground  
yuye, of eche one handfull, y<sup>e</sup> red  
docke rootes, two or thre, stampe  
them altogether, & grinde the wel  
then myngle the wyth fresh grece  
and agayne stampe them.

Let them so stande viii. daies to  
putrify tyl it be hoare, the scrye the  
out & strayne them and kepe it for

**The booke**

**the same entent.**

**Thys opyntment hathe a great effecte both in younge & olde, and without repercussion oꝝ dꝛiuing backe of the matter, which should be a perilous thynge foꝝ a younge chyld.**

**The herbe water betony alone, is a great medecine to quenche al bakinde heates without daunger oꝝ the sethyng of it in cleare well water, to annoynte the members. It is a commen herbe & growethe by riuers sydes, & small rennyng waters, and wette places, arysing many tymes the heygth of a man out of the grounde where he reioyseth, with a stalke foure square and many braches on euery syde & also it beareth a whitish blew floure**



of Children.

floure berpe small, & in harness it  
hath innumerable seedes, blacke,  
and as fine as the seede of tutsone  
or lesse, & leaues bigge and long  
acordinge to the grounde, full of  
iuite, iagged on the sydes lyke a  
saw, euen as other betony, to whō  
it approacheth in fygure, & obtey-  
neth hys name of water betony.  
The saour of the leafe is some-  
what heauy, moste lyke to the sa-  
uoure of elders or walwort, but  
when it is qzused it is more plea-  
saunt, which thyng induceth me  
to vary from the minds of them &  
thinke this herbe to bee Galioptis  
in Dioscorides, wrytte of hym & it  
should synk whē it is stāped but  
& more this herb is stāped, & more  
swete & herblīke it sauozeeth ther.

Ec.iii.

soze it

The booke

it cānot be galeoplis, & besides, y  
it is neuer founde in dype & stony  
groude as y Gallopolis is. Nether  
is this herbe mencioned of y newe  
oꝛ olde authours : as far as I can  
se, but of onely Aigo, the famous  
surgio of our time in Italy, which  
writeth on it, that this herb crea  
deth al other in a malo mortuo (so  
calleth he a kynde of lepye ele  
phantike oꝛ an vniuersal & filthie  
scab of all the body :) & in lyke ma  
ner he saith it is good foꝛ to cure a  
cāker in y breasts. We may reade  
these thinges in his ii. booke, Ca.  
iii. and hys fifth booke of y Frēch  
pockes, in the thirde chapter wher  
he dothe descripye thys aforesayde  
herbe wyth so manifest tokens, y  
no man wyl doubt it to be water  
be,

of Childzen.

betony, conferrynge the booke and  
the herb duly together. Moreouer  
he nameth in Italy a byrge wher  
it groweth in the water in greate  
aboundaunce, and it is called that  
nacyon Alabeueratoze whiche in  
dede & Italians that come hyther  
and know both the place and the  
herbe doe affyrme plainlye, it is  
our water betony. And wheras he  
allegeeth Dioscorides inclimeno,  
which by contemplacyon of bothe  
hath but small affinitie or none  
wyth this herbe, it was for no  
thyng els but lacke of the tages,  
which faute is not to be so highly  
rebuked in a man of hys study, ap  
plying hymselfe more in the prac  
tise of surgery, and to handy ope  
racyon, wherein in dede he was  
nere

**The booke**

here incomparable, then he dyd to  
search the varpaunce of tonges, &  
rather regarded to declare the ope-  
ration of thinges with trueth, the  
to dispute vpon the properties or  
names w<sup>th</sup> eloquence. Thus haue  
I declined againe frō my matter,  
partly to shew y<sup>e</sup> descripcio<sup>n</sup> of this  
holosome herbe, partly to satisfie  
the myndes of y<sup>e</sup> surgions in Mi-  
go, which haue hitherto red y<sup>e</sup> said  
places in vaine, & furthermoze be-  
cause ther is yet none that decla-  
reth manifestly the same herbe.

**A**n other remedy for scabbes & itche.  
Take the rotes of dockes, and scy  
them in freshe grease, then put to  
a quantitie of bymstone in powder  
and vse to rub the places twise or  
thryse a daye Bymstone powdered  
and

of Chylde.

and supped in a rare egge healeth  
the scabs, whereby thyng is also ve-  
ry good to destroy waimes.

¶ A goodly sweete sope for scabs  
and ytche.

*now*

Take wbyte sope halfe a pound  
stepe it in sufficient rosewater,  
till it be well soaked, then take two  
drammes of mercury sublimed,  
dissolue it in a litle rose water, la-  
bour the sope and the Rosewater  
well together, and afterward put  
it in a litle muske or cinette, and  
kepe it. This sope is exceedinge  
good to cure a greate scab or ytche  
and that without peryll, but in a  
Chylde it shall suffice to make it  
weaker of the mercury.

*at*

**The booke**

**& An other approued medecine for  
scabbines and ytebe.**

Take sumitoy, docke rootes,  
scabiose & the roote of wallwort  
stampe them all and sette them in  
freshe greace to patrise, then frye  
them and straine the, in which ly-  
coure ye shall put turpetyne a ly-  
tle quantity, bymstone & frankes-  
sence very synely poudred & sifted  
a porcion, & wyth suffycient ware  
make an oyntment on a soft fier:  
thys is a singuler remedy for the  
same purpose. But in this cure ye  
ought to geue the chyld no egges  
no: any egre or sharpe meate, &  
y nurse also must auyde y same  
& not to wzap it into hot, & if nebe-  
bec, to make a bathe of sumitoye  
cent.

of Chylde

retary, fetherfelwe, talse, worme  
wood, and sauge, alone, if ye see  
the cause of the yitch or the scab to  
be wormes in the skyn for a bitter  
decoction shal destroye them and  
drye up the moysters of the sores.

Of diseases in the eares.

**M**any diseases happē in y ears  
as payn, apostūes, swellings  
tinkinge and sound in the head,  
stopping of the organs of hearig  
water worms, & other infortuns  
gotten into the eares, wherof sōe  
of them are daūgerous & harde to  
be cured, some other expelled of  
nature without medecyne.

Remedy for payne in the eares.

For payne in the eares wout a  
many

**The booke**

manifest cause, as oftē chaūseth, it  
is a singuler remedye to take the  
cheest woꝛmes, that are found vn-  
der barkes of trees, oꝛ in other ou-  
pes in the grounde, & wyl turne  
rounde lyke a pease, take of the a  
good quantitie, & seeth the in cile,  
in the rind of a pomegranade on  
y hote imbers, y it bzen not, & af-  
ter y skayne it & put into y eares  
a droppe oꝛ two luke warme, and  
then lette hym lye vppon y other  
eare, and rest: ye may geue this to  
all ages, but in a chylde ye maie  
put a very litle quantitie.

¶ An other.

The hame oꝛ skin of an adder oꝛ  
a snake, that the caſteth, boiled in  
oyle, and dropped into the eares,  
waſeth y payn, & it is also good for  
an



o<sup>r</sup> Chaldren,

an eare y<sup>e</sup> mattereth mingled w<sup>th</sup> a  
litle honey, & put in luke warme.  
It is also good to droppe into the  
eares the iuyce of ozgany & milk.

¶ For swelling vnder the eares.

Painters oile, which is oile of lin  
seede, is exceeding good for y<sup>e</sup> swell  
ing of the eares, & for paine in y<sup>e</sup>  
eares of all causes.

Item a playster made of lynesede  
and oyl, w<sup>th</sup> a litle duckes grece &  
hony. If ye se y<sup>e</sup> apostume breake,  
& renne, ye may close it w<sup>th</sup> the iuice  
of smallache, y<sup>e</sup> whyte of an egge  
barly floure and honny, which is a  
common playster to mundaye a  
soze. When the eares haue recep  
ued water or any other liour, it is  
good to take & stāp an onio<sup>n</sup> & w<sup>th</sup>ig  
out y<sup>e</sup> iuice w<sup>th</sup> a litle go segrese  
and

The booke

and drop it hote into the eares as  
it may be suffred & lay him downe  
on the contrary syde an houre, af-  
ter that cause hym to nese, if hys  
age wyll suffer, with a litle pelly  
toye of spain, or neseing pouder, &  
then encline hys eare downward,  
that the matter may issue.

¶ For wormes in the eares.

Take mirre, aloes, & the seebe  
of colocinthes, called coloquinti-  
da of the apothecaries, a quanti-  
tie of eebe, seeth them in oyle of  
roses & put a litle in y eare. Mirre  
hath a great vertue to remone the  
stencbe that is caused in the eares  
by any putrefaction & the better w  
oyle of bitter almons, or ye may  
take the iuyce of wormewood w  
hony and salt peter.

of Chydre.

For wind in the eares and rinking.

Take mirre, spiknard, cummin, oil  
& oile of camomil, & put a droppe  
in y eares. They y haue not all  
these, may take som of the, & aply  
it accoꝝdig to discretio. To amēd  
deafnes, ye shal make an ointmēt  
of an hares gall, & the greace oꝝ  
dropping of an ele which is a soue  
raine thing to recouer hearinge.

Of nesinge out of measure.

**W**hen a child neseth out of mea  
sure, y is to say with a longe  
continuāce & therby y brain & ver  
tues animal be febled, it is good  
to stop it, to auoide a further in  
conuenience.

Wherfoꝝe ye shall anoynte y  
heade with the iuice of purselam

Do i

Cozell,

For

### The booke

For the nightshade, or some of the  
make a plaister of the white of an  
egge, & the iurce, with a litle oyle  
of roses, & emplaister the forehead  
& temples with the milke of a wo  
mā, oyle of roses & vineger a litle

If it come of cold reume, ye shal  
make a plaister of mastike, fran  
kensence, mirre, wyne, & apply it  
to the former part of the heade. I  
fome of y<sup>e</sup> same receyued in flar &  
laid vpon the childshed, is holson

#### Breedyng of teeth

**A**bout the. vii. moneth, some  
time more sometime lesse af  
ter the birthe, it is naturall  
for a child to bzyde teeth, in which  
tyme one is sore vexed w<sup>th</sup> son  
ny diseases and paynes, as swell  
ing of the gummes and itwes,  
vnguiste

of Chyliden.

binquiet crying: feuers, crampes:  
palsies, flures, reumes, & other in-  
firmities, specially whē it is long  
oꝝ the teeth come foꝝth, soꝝ y<sup>e</sup> soner  
they apeare, the better, & the moze  
ease it is to the child. There be dy-  
uers thinges that are good to pꝛo-  
cure an easy breeding of teeth, as  
monge whom the chiefest is to an-  
noint the gummies with y<sup>e</sup> brains  
of an hare, mixt with a smuch ca-  
pons grece & hony, oꝝ any of these  
things alone, is exceeding good to  
supply the gūmes & the sinewes.

Also it is good to wash the child  
ii. oꝝ thye times in a weeke, with  
warne water, of the decoction of  
camomill, holybocke, and Dyll.  
Freshe butter wyth a little barley  
floure oꝝ hony, with y<sup>e</sup> fine powder

Do. ii.

of

The booke

frankensence & liquoꝝpe, are comended of good authours for the same entent. And when the paine is great and intollerable wyth a postume oꝝ inflammation of the gūmes, it is good to make an ointment with oyle of roses, wyth the iuyce of mozell, otherwyse called nyghtshade, and in lacke of it, anoint the iawes within with a litle fresh butter and hony.

*+*  
*now* For lacke of the hares bꝛayne, ye may take the coneyes, for they be also of y<sup>e</sup> kind of hares, & called of Plinie Dasipodes, whose malwes are of the same effect in medicine, oꝝ rather moze then is wyrtten of authoꝝs, of the malwes of hares.

If ye see the gummes of y<sup>e</sup> child to apostume oꝝ swell with soft flesh  
full

of Chyden

ful of matter & painefull, the best  
shall be to annoynt the soze plate  
with the bzaine of an hare, and ca  
pons greace, equally mirte toge  
ther, & after that ye haue vsed this  
once o2 twice, anoint the gums &  
apostumacions with hony.

Thirdey if this helpe not, take  
turpentine mirt with a litle hony  
in equal porciō. And make a bath  
fo2 the heade of the childe, in thys  
fourme folowing.

Take the flowers of camomil &  
dill, of each an handfull, seeth the  
in a quart of pure renning water  
vntil they be tender and wash the  
heade afoze any meate euery mo2  
nyng, fo2 it pourgeth the super  
fluity of the bzaynes, though the  
seams of the skul, & withdozaweth

The booke

humors from the soze place; finally  
comforteth the brayne, and all  
the vertues animal of the childe.

To cause an easy breedyng of  
teeth, many thinges are rehearsed  
of authours, besides the premises  
as the first cast tooth of a colt, set  
in silver & bozne, or redde coral in  
like maner haged about the neck;  
wherupon the childe should often  
times labour his gummes, & ma-  
ny other like. which I leaue out at  
this time to auoid tediousnes, on-  
ly content to declare of this coral  
that by consent of all authours, it  
resisteth the force of lightning, hel-  
peth the childe of the falling euil  
& is very good to be made in pou-  
der, & dronken against all maner  
of bleding of the nose or sudamēt



of Chyliden.

Of canker in the mouth.

**A**ny times by reason of y<sup>e</sup> corrupciō of y<sup>e</sup> milke, venemous vapours arising from y<sup>e</sup> Romake, & many other infortunes ther cōsisteth to breed a cāker in y<sup>e</sup> mouth of childzen, whose signes are manifeste ynough, that is to saye by stinking of the mouth, pain in the place, continual renning of spittle, swelling of the cheeke, & whē the mouth is opened againste the sunne, ye may see cleerely where the canker lyeth. It is so named of the latter sort of phisicions, by reason of creping and eating forwarde and backward, and spreadeth it selfe abrode, like y<sup>e</sup> feete of a creues, called in latin cācer, notwithstanding, I knowe y<sup>e</sup> the grekes  
and

**The booke**

and auncient Latines geue other  
names vnto this disease, as in cal-  
ling it an vlcer, otherwhiles aph-  
the, nome, carcinomata, and lyke  
which are all in englishe known  
by the name of canker in y<sup>e</sup> mouth  
& although there be many kindes  
accozdyng to the matter whereof  
they be engendzed, & therefore re-  
quire a diuersity of curing, yet so  
the mosse parte, when they bee in  
chilozen, the cure of them all dif-  
fereth very litle or nothing, so y<sup>e</sup>  
chiefe entet shalbe to remoue the  
malignitie of the soze, and to dze  
vp the noysome matter and hu-  
mours, then to mundify & heale,  
as in other kinds of vlcers.

Remedies for the canker in the  
mouth of chyliden.

**Take**

of Children.

**T**Ake dry red roses, & violets,  
of each a like quantitie, make  
them in powder, & mire them with  
a litle hony, this medicins is very  
good in a tender sucking childe, &  
many times healeth alone wyth-  
out any other thinge at all. But  
if ye see there be great heate and  
burninge in the soze, wyth increas-  
ding paine, ye shall make a iuyce  
of purcelan, lettuse, & nightshade  
& washe the soze with a fine piece  
of silke, or driue it in with a spout  
called of the surgeons a springe.  
This by the grace of God shall a-  
bate the brenning, aswage y<sup>e</sup> paine  
& kill the venim of the blcer. But  
if ye see the caker yet encrease w<sup>th</sup>  
great corruption & matter, ye shal  
make an ointment after this maner  
**Take**

**The booke**

**T**ake mirre, galles, wherewith  
they make ynke, or in defaulte of  
the oken apples dried, frakenſere  
of eche a like much, of the blacke  
buries growinge on the bzamble  
taken from the bush while they be  
grene the. iiii. part of all the reſte,  
make them all in pouder, & myce  
them with a ſmuch hony & ſaffron  
as is iufficient, and uſe it.

A ſtronger medicine for the canker  
in the mouth of children.

**T**ake the roſe of celidony dried &  
rind of a pomgranate, red coſail  
in pouder & pouder of harts hore  
of eche a like, roch alum a litle.  
Fiſt waſh the place with wyne,  
or warme water, and hony, & after  
warde put on the ſoreſaid pouder  
very fine and ſubtyle.

An

of Chilsden.

An other singuler medicine for the  
canker in the mouth of all ages.

R. yslope, sage rue, of ech. i. good  
handful, seeth them in wine & wa-  
ter to the third parte, then strayne  
them out, & put in it a litle whyte  
coperose, accoꝝdinge to necessity:  
that is to saye, when the soze is  
great, put in the moze, when it is  
small, ye may take the lesse, then  
adde to it a quantity of hony cla-  
rified, & a sponesful oꝝ two of aqua  
vite, wash the place with it, soꝝ it  
is a singuler remedy to remone p-  
malpce in a shorte whyle, whyche  
done, ye shal make a water incar-  
native & healing thus.

R. ribwoꝝt, bitony, & dailies, of  
eche a handful seeth them in wine  
& water, & wash his mouth two oꝝ  
thre

The boobe

iii. times a day with the same iulce  
Moreouer some write that cristall  
made in fine poudre, hath a singu  
ler vertu to destroy the canker, &  
in lyke manner the poudre of an  
harts hoyn bzent w<sup>th</sup> as much of the  
rinde of a pomegranade, and the  
iuyce of nightshade, is very good  
and holesome.

Of quinsy and swelling of the throte.

**T**he quinsy is a dangerous sick  
nes both in yong & olde, called  
in latin sangina, it is in an inflā  
matio of the neck, with swelling &  
great paine, sometime it lieth in y<sup>e</sup>  
very throte vpon the wesant pipe  
& then it is exceding perilous, for  
it stoppeth the bzeath, & stragletb  
the pacient anone. Otherwhyles  
it bzeaketh out like a bunch on the  
one

of Chyldren.

one side of the necke and then also  
with very great difficulty of brea-  
thing, but it choketh not so sone  
as the first doth, and it is more o-  
bedient to receiue curacion.

The signes are apparant to sight  
& besides that the child cannot cry,  
neither swallow downe his meat  
& drinke without payne.

Remedy.

It is goot to annoint the grieffe  
with oile of oil oz oile of camomil  
and lilies, & to lay vpon the heade  
hote cloutes dypt in the waters of  
rosemary, lauander, and sauery,  
The chiefest remedy comended of  
authours in thys outragious sick-  
nesse, is the powder of a swallowe  
brente wpth sethers and all, and  
myrte wpth honye, whereof the  
paycent

The booke

parent must swallowe downe a  
lytle, and the rest annoynted vpon  
the paine. They praise also y<sup>e</sup> pou-  
der of the chyldes daunge to the  
child, & of a man to a man, bzente  
in a pot, and annoynted with a lit-  
tle honye, so make a compounded  
ointmēt of both, the recett is thus  
R. of the swallow bzent one por-  
tion, of the secōd powder another  
make it in a thicke soume wyth  
hony, and it will long endure for  
the same entent. Here an other ex-  
perimēt for the quinsy & swelling  
vnder the eares. Take the mysh-  
rom y<sup>e</sup> groweth vpon an elder tree,  
called in english, Jewes ears, for  
it is in dede cronled & flat, much  
lyke an eare) beate it agaynst the  
fier & put it hote in any drinke, the  
same



of Chyldren

same drink is good & holesom for the quinsy. Some hold opinion, & who so vseth to drynke wyth it, shall neuer be troubled wyth this disease, & therfore carry it aboute wyth them in iourneyes.

¶ Of the cough.

**T**he cough in chyldren for the most part, procedeth either of a cold, or by reaso of reumes, descending fro the head into y pipes of the lunges or the breste: & y is most comonly by ouermuch abundance of milke, corrupting y stomake & bryn: therfore in y case it is good to fede the child w a more slender diet, & to anoint y head ouer w hony, & now & the to presse his tonge w your finger, holding down his hed y y reumes may liss  
for

**The booke**

For by that meanes the cause of the  
cough shal run out of his mouth &  
auoide the childe of many nough  
ty & slimy humours: which done,  
many times the patient amēdeth  
wout any further help of medicine

For the cough in a childe.

Take gumme arabike, gumme  
dragagāt, quinch sedes, licorice &  
penidies, at the apoticaries, break  
them altogether, & geue the child  
a litle at once, with a draught of  
milke newe warme, as it cometh  
from the cowe. Also stampe blan  
ched almonds, & wzinge them out  
with the iuyce of fenell, or water  
of fenel, and geue it to the chyld  
to feede wyth a litle suger.

Agaynst the great cough and  
breath in the body.

**The**

of Children.

The heades of white poppy, and  
gume dragagant, of eche a lyke  
much, lōg cucumer sedes as much  
as all, seeth them in whay, wyth  
reasons and suger, & lette ȳ childe  
drynke of it twyse oꝛ thysle a daye  
lūke warme oꝛ colde.

¶ Of straitnes of winde.

**A**gainste the straitnes of brea-  
thing, which is no quinsy, the  
cōsente of authoures do attribute  
a great effect, to linsede made in  
pouder, & tempered w̄ hony, soꝛ ȳ  
childe to swallowe tōwne a litle at  
once. I finde also ȳ the mylke of a  
mare newly receiued of the childe  
wyth suger, is a singuler remedye  
foꝛ ȳ same purpose. Which thing  
moꝛeouer, is exceedingly holsum to  
make ȳ belly lare wout trouble.

Ce. i.

Of

The booke  
Of weakenes of the stomake  
and vomiting.

**A**nny times the stomake of the  
child is so feble y it cannot re-  
tayne either meate or drynke in  
whiche case & for all debilitie therof  
it is very good to wash y stomake  
w warmwater of roses, wherein a  
lyttle muske hath been dissolved,  
for that by the odoure & naturall  
heate geueth a comfote to all the  
spiritual members. And then it is  
goed to roste a quince tender, and  
w a litle pouder of cloues & suger  
to geue it to the child: to eate com-  
serua quinces, w th a litle cina-  
mome & cloues. is singular good  
for the same entent. Also ye maye  
make a iuice of quices & geue it to  
y child to drynke w a lytle suger.

of Chylidene

¶ An ointment for the stomake.

Take gallia muscata at þe pothe-  
caries. rr. graine weight, mirre a  
bery lytle, make it bp in oyntmēt  
sourme, w<sup>th</sup> oile of mastike, & water  
of roses sufficient, this is a verye  
good ointment for þe stomake.

¶ An other singular receit.

Take mastik, frākinsence, & dye  
red roses, as much as is sufficient  
make thē in powder, & tēper thē bp  
w<sup>th</sup> the iuyce of myntes, and a  
sponefull of vineger & vse it.

¶ An other.

Take wheat floure & parch it on a  
pan, til it begin to bzen & war red  
thā stāpe it w<sup>th</sup> vineger, & adde to it  
the yolles of two egges harde ro-  
sted Mastike, Gumme, and  
Frankysente. suffycence make

Ce.ii.

**The booke**

**a plaister & lay it to the stomake.**

**To recouer an appetite lost.**

**Take a good handfull of ranke & lusty reu & seeth it in a pint of vinegar to the.iii. part oꝝ les, & make it very strong, whereof if it bee a child, ye may take a toft of bꝛown bꝛead, and stampe it wyth y<sup>e</sup> same vinegar, and lay it plaisterwyse to y<sup>e</sup> stomake, & foꝝ a stronger age besides y<sup>e</sup> plaister, let him sup morning & euening of y<sup>e</sup> same vinegar. This is also good to recouer a stomake lost, by cōming to a syer after a longe iourney, & hath also a singuler vertue to restoze a man y<sup>e</sup> swoneth.**

**An experiment often approued of**

*Rasis for the vomit of children.*

**Rasis a solempne practicioner a  
among**

of Chyliden.

mong phisicians, affirmeth that he  
healed a great multitude of thys  
disease, only w<sup>th</sup> the practise folow  
ing, which he taketh to be of great  
effecte in all lyke cases. Fy<sup>rst</sup>  
he maketh as it were an electuary  
of apothecary stuffe, that is to say  
lignum aloes, mastike, of euerye  
one half a dram, galles half a scru  
ple, make a lectuarie w<sup>th</sup> sirupe of  
roses, & gallia muscata & suger. W<sup>th</sup>  
this he gaue the chyliden to eate  
a very litle at once and often. Af  
terward he made a playster thus.  
℞. mastike, aloes, aloes, galles,  
frākensence, & bzent bread, of eche  
a lyke porzion, make a plaister w<sup>th</sup>  
oile and sirupe of roses to be laide  
to the childes stomake hote.

¶ An other ointment for the stomake,

Ec. iii.

℞.

The booke

described of W. Placentina.

Take oyle of mastike oz of woym  
wod. ii. ounces, ware. iii. ounces,  
cloues, macys, & cinamom, of eche  
iii. D;āmes make an ointment ad-  
ding in the ende a lyttle vyneger.  
The polke of an egge hard rosted  
mastike, frākinsēre & gūme, made  
in a plaister w oile of quices, is ex-  
ceding good for the same purpose.

¶ Of yeaxing or hicket.

It chaunceth oftentimes y a child  
yeareth the out of measure: wher-  
fore it is expedient to make y sto-  
make epare afoze it bee sed, & not  
to replenish it w so much at once,  
for this disease comōly proceedeth  
of fulnes, for if it come of empti-  
nes, oz of sharpe humoures in the  
mouth of the stomake, which is sel-  
dome



of Chyliden.

some sene: y cure is the very difficult & dangerous. ¶ Remedy.

Whē it cometh of fulnes y a child yeareth incessantly without measure & that by a lōg custome, it is good to make hym vompt w a feather o; by some other light means y the matter which causeth y yearng may issue & vncōber y stomak y done, byng it a Nepe, & use to annoynt y stomake w oiles of castor spylke camomil, & dyl, o; ii o; th;e of them, soynd together warme.

¶ Of colyke & rumbling in the guts.

**P**eyne in the belly is a common disease of chyliden, it cometh by either of wormes, o; of takynge coulde, o; of euill mylke the sygnes thereof are so well knowen, so; the Chylde cannot  
Ce. liii. rest,

The booke

rest but crieth and fretteth it selfe  
mani times canot make their vyne  
by reaso of wynde that oppreth  
y necke of y bladder, & is knowne  
also by the member in a man child  
which in this case is alway styffe,  
& pricking, mozeouer the noyse &  
rubling in the guttes, hytber and  
thither, declareth the chylde to be  
greued, w wind in y bely, & colik.

Cure.

The nurse must auoide al maner  
of meates y engender winde, as  
beanes peaso, butter, hard egges,  
& such. Than wash y chylde's bel-  
ly w hot water, wherin hath bene  
sodde cumimine, dil & senel, after  
that make a plaister of oyle & ware  
& clappe it hote vpon a cloth vnto  
the belly.

of Childzen.

¶ An other good plaister for the  
same entent.

Take good stale ale and fresh but-  
ter, seeth them with an handefull  
of cummin poundzed, & after putte it  
al together into a swines bladder  
& bynde the mouth fast, that y<sup>e</sup> ly-  
coure issue not oute, then wynd it  
in a clothe, & turne it vp & downe  
vpon the belly as hotte as y<sup>e</sup> paci-  
ent maye suffer, this is good for y<sup>e</sup>  
colike after a sodaine colde, in all  
ages, but in childzen ye must be-  
ware ye apply it not to hotte.

¶ Of flux of the belly.

**M**Any tymes it happeneth, ey-  
ther by takyng colde, or by  
reason of great payn in bre-  
ding of teeth, or els throught salte  
& eyger fleume or choler engend-  
red

**The booke**

dyed in the body, that the chylde  
falleth in a sodaine lar, which yf it  
long continue & be not holpen, it  
may bzing the pacient to extreme  
leanesse & consupcion: wherfore it  
shalbe good to seke some holosome  
remedy, & to stoppe the runnings  
of the flux thus.

¶ Remedy for the flux in a child.

First make a bath of herbes y doe  
restrayn, as of plaine, saint  
*nicole* Johns webe, called Jpericō, knot  
grasse, bursta paskoris & other such  
oz som of the, & vse to bath hym in  
it, as hote as he may well suffer,  
then wzap hym in wyth clothes, &  
lay hym downe to slepe.

And if ye see by thys twayne oz  
thrise vlinge that y bellye bee not  
stopped: ye maye take an egges  
yolke



The booke.

gaddes of Steele, is exceeding good  
for the same intent to drinke.

+ And here is to bee noted, that a  
natural flure is neuer to be feared  
before the seuenth day, and except  
there issue bloude, it ought not to  
bee stopped afore the sayed time.

Powder of the herbe called knot  
grasse, or the iuice therof in a pos-  
set dronke, or a plaister of y same  
herbe, & of bursa pastozis, bole ar-  
mony, and the iuice of plantin w<sup>th</sup>  
a litle vineger, & wheate flour is  
exceeding good for y same cause.

Also y ryndle matwe of a yong  
sucking kyddge geuen to the child  
the weight of .x. graynes, with the  
 yolke of an egge soft rosted, & let  
the pacient abstain from milke by  
the space of two houres before &  
after

of Childers

after, I keede wherof ye may geue  
a roasted quince or a wardon wyth  
a litle suger & sinamome to eate.

¶ Item another goodly receite  
for the same intent.

Take sozell seede, & the kernels  
of great rayfins dyled, acoyne  
cuppes, & the seede of white poppe,  
of eche two drāmes saffron a good  
quātitie, make thē in powder and  
temper them with ꝑ iuice of quin  
ces, or sirupe of red roses, this is  
a souerain thyng in all flures of  
the wombe.

Many other thinges are wrytten  
of authoers in ꝑ said disease, which  
I heare leaue out for breuitie: and  
also because ꝑ afoze reherfed me  
dicines are sufficient inoughe in  
a case curable, yet wil I not omit  
a good

a goodly practise in the said cure.  
 The pessill of an harte or a stagge  
 dried in powder & dronken, is of  
 great & wonderfull effect in stop-  
 ping a flur. Which thinge also is  
 approued in y<sup>e</sup> liner of a beast cal-  
 led in english an otter. The stones  
 of hys dronken in powder, a litle at  
 once. xxx. daies together, hath hea-  
 led men for euer of y<sup>e</sup> falling euil.

¶ Of stopping of the belly.

¶ When as flur is dangerous, so is  
 stopping & hardnes of y<sup>e</sup> bellye  
 gricuous & noysom to y<sup>e</sup> child, & is  
 oftē cause of y<sup>e</sup> cholike & other dis-  
 eases. Wherefore in this case ye  
 must alway put a litle hony in the  
 chyldes meate: & let y<sup>e</sup> nurse geue  
 hym hony to sucke vpon her syn-  
 ger, & if this wyll not helpe, the y<sup>e</sup>

next



o: Children.

next is to mire a litle fine & cleare  
turpentine w<sup>th</sup> hony, & so to resoluē  
it in a saucer, & let the child sup of  
it a litle. This medicine is descrt-  
bed of Paulus Aegineta, recited  
of diuerse ether as a thinge verpe  
holosome & agreeing to y<sup>e</sup> nature  
of y<sup>e</sup> child: so it doth not only losē  
y<sup>e</sup> belly without grief o: daunger,  
but doth also pouрге the liver & y<sup>e</sup>  
longs, with the splene & kidneis,  
generally cōfortyng all the spiri-  
tual members of the body.

The gall of an ore o: a colw layde  
vpon a cloute on y<sup>e</sup> nauil, causeth  
a childe to be loose bellied, likewise  
an emplaister of a roasted onion, y<sup>e</sup>  
gall of an ore, & butter layd vpon  
the belly as bote as he maye suf-  
fer. If these wyl not help, ye shal  
take

Take a little masticke and resin of y<sup>e</sup> same  
dissolved of a little wine or oil and give it

Take a little masticke and resin of y<sup>e</sup> same  
dissolved of a little wine or oil and give it

The booke

Take a lyttle cotten, & dipped in y  
said gal, put it in y sayd fundamēt

¶ Of wormes.

**T**here bee dyuers kyndes of  
wozmes in the belly, as long  
thort, round, flat and som smal as  
lyce, they bee all engendzed of a  
crude, grosse, oz phlegmatik mat-  
ter, & neuer of choler noz of melā-  
choly, for all bitter thngs killeth  
them, & all sweete meates that en-  
gēder sleume, nourisheth & fedeth  
the same. The signes dyffer accor-  
ding to y wozmes. For in y longe  
and rounde, the pacient cōmonly  
hath a dyse coughe, payne in the  
belly about the guttes, some time  
yearnyng and treblinge in y night  
and startte sodaynlye and fall a  
slepe agayne other whyles they  
gnaſhe

of Chldren.

gnashe & grynde their teeth together, the eyes war holow wpth an eger lōke, & haue greate delyte in slombzing & silence, very loth whē they are awaked. The pulse is incertaine, & neuer at one stay, somtyme a feuer with great colde in the ioyntes, whiche endureth thre or foure houres in the night or day, many haue but smal desier to meate, & when they desire they eate very greedely, which if they lack at their appetite, they forsake it a greate while after, the hole body cōsumeth & wareth leane, the face pale or blew, somtyme a flure, somtymes vomite, & in some the belly is swollen as styffe as a Taberet. The long & brode woymes are knowen by these signes, that is to say, pe-

Fl. i.

lownes

The booke

pelownes oꝛ whitishnes of þe eyes,  
intollerable hunger, great gnaw-  
ing & griping in þe belly, specially  
afoze meat, water cōming out at  
the mouth, oꝛ at the fundamente,  
continuell ytehe & rubbing of the  
nosetbrilles, sonken eyes & sty-  
king breath also when the person  
dotb his easement there appereth  
in the dongue little flat substaun-  
ces, much like the seedes of cucu-  
mbers oꝛ gourdes.

The other lesse sozte are engen-  
dred in the great gutt, & may wel  
be knowen by the exceding itch in  
the fundament within, & are often  
times scene cōming out with the  
excrements. They be called of phi-  
sicians Ascarides.

Remedy for wormes in children.

¶ The

of: Chyldezen.

The herbe y<sup>e</sup> is found growing v<sup>er</sup>  
pō oysters by the sea side, is a sin-  
guler remedy to destroy wormes.  
e it is called therfoze of the grekes  
Scolitabotani, y<sup>e</sup> is to say, y<sup>e</sup> herbe  
y<sup>e</sup> killeth worms, it must be made  
in pouder, and geuen with sweete  
milke to the childe to drinke. The  
phiscions call the same herbe co-  
rallino.

A singuler receit for to

kyll the wormes.

Take the gall of a Bull oz ore,  
newly killed, e stampe it in a hād  
full of cūmyn, make a playster of  
it, e lay it ouer all the belly, remo-  
uing the same enery. vi. hours.

Take the gall of a bull with seedes  
of colocintbis, called colequintida  
of the apothicaries, e an handfull

℞. ii.

of

The booke

of balberies wel made together in  
a plaister, with a sponesful of strôg  
vineger, is of greate effete in the  
same case.

If the childe be of age o2 strong  
complerion, ye may make a selwe  
pilles of aloes, and the powder of  
wro:meseede, then wynde them in  
a piece of a stringing lose, & anoint  
thē ouer with a litle butter & let  
thē be swallowed down hole with-  
out chelwing.

Of swelling of the nauyl.

If a child lately bozn, & tender  
sometime by cutting of þ nauil  
to neare, o2 at an incōueniēt seasō  
sometime by swadlig o2 bindig a  
mills o2 of much crying, o2 coug-  
hing, it happenith otherwiles, þ  
the nauil ariseth and swelllieth in  
great

of Children.

great pain appostemaciō, the remedy wherof is not much differēt from the cure of vlcers, sauīng in this y<sup>e</sup> ye ought to apply thīges of lesse attracciō, then in other kind of vlcers, as for an example ye may make an ointmēt vnder this forme. Take spike oz lauender, half an ounce make it in pouder, & with thre ounces of fine & clear turpentine, temper it in an ointmēt addig a porciō of oile of swet almonds, but if it come of cryg, take a litle bean flour & the ashes of fine linnen clouts bzente, & temper it with red wine and hony, and lay it to the soze.

*A playster for swelling in the nauill.*

Take colles dong, and dry it in pouder, barley, floure and beane  
Fl. iii. floure

**The booke**

floure, of erbe a porcion, the iuyce  
of knotgrasse a good quantity, cū  
min a little, make a playster of al  
and set it to the nauill.

**An other.**

Take colwes dong & seeth it in the  
milke of the same cow, & lay it on  
the grese. This is also maruelous  
effectual to helpe a sodaine ache oꝝ  
swelling in the legges.

**Of the stone in children.**

**T**he tender age of chyldren as I  
said afoze, is bered & afflycted  
w<sup>th</sup> many greuous & perilous disea  
ses, amonge whom ther is few oꝝ  
none so violent oꝝ moze to be sca  
red in thē, thē y<sup>e</sup> whych is most sca  
red in all kyndes of ages, y<sup>e</sup> is to  
say the stone, an huge & a pitefull  
disease, ener the moze encreasing  
in



of Chylidren.

In dayes, the moze rebellynge to  
the cure of phisike.

Wherfoze it is exceeding daūge-  
rous when it falleth in childe, for  
asmuch as nether the bodys of the  
may be wel purged of the matter  
antededēt, called humoꝝ peccans,  
noꝝ yet can abide any violent me-  
dicine hauing powꝛ to bꝛeake it,  
by reason wherof the said disease  
acquyꝛeth suche a strength aboue  
nature, that in pꝛoces of tyme it is  
btterly incurable.

Yet it the begynning it is oftē  
times healed thus.

First let the nurse be well die-  
ted, oꝛ the childe, if it bee of age,  
abstaining fꝛō all grosse meates,  
and harde of digestion as if beafe,  
bacon salt meates and cheese, then  
make

**The boke**

make a pouder of the roose of peo-  
ny dried, & mingle it with as much  
hony as shalbe sufficient, or if the  
childe abhorre honye, make it vp  
with suger, molten a lyttle bypon  
the coales, and geue thereof vnto  
the childe more or lesse, according  
to the strength twice a day, till ye  
see the vyne passe easely, ye may  
maye also geue it in a reere egge,  
for without doubt it is a singuler  
remedy in childezen.

An ointment for the same.

Oyle of scorpiōs, if it may be got-  
ten, is exceeding good to annoint  
withal the members & y<sup>e</sup> nether part  
of the belly right against y<sup>e</sup> blad-  
der, ye may haue it at y<sup>e</sup> poticaries

*singular bat<sup>y</sup> for the same intent.*

Take malowes, holy hock, lilly  
rootes,

of Childzen.

rootes, linseede, & parietary of the wall; seeth them in the broth of a shepes head, & therein vse to bath & child oftentimes, so; it shall open the straitnes of & cōpites, that the stone may issue, swage the pain, & bzing out the grauel with & vzin but in moze effect when a plaister is made as shalbe said hereafter, & laid vpo the raynes & the belly, immediatly after the bathing.

¶ A plaister for the stone.

Take parietary of the wal, one portion & stāpe it, doues donge another poztio, & grynde it, thā fry the both in a panne, w a good quantity of freshe butter, & as hote as may be suffred, lay it to the belly & the backe, & from. iiii. houres to iiii. let it be renewed.

Thys

**The booke**

**This is a souerayne medicine in  
all maner ages. Itē an other pou-  
der which is made thus.**

**Take the kernels oꝛ stones ȳ are  
founde in the fruit called openers  
oꝛ mespiles, oꝛ of some medlars,  
make the in fine powder, which is  
wōderful good to bꝛeak ȳ stone wō  
out danger, both in yong & olde.**

**The chestwoꝛms dꝛied & made in  
fine powder taken wō the bꝛoth of  
a chicken, oꝛ a litle suger, helpeth  
them ȳ can not make their vꝛine.**

**Of pissing in the bedde.**

**Any times foꝛ debility of ver-  
tue retentive of the reynes oꝛ  
bladder as wel olde men as chyl-  
dꝛē, are oītentimes annoyed wbe  
their vꝛine issueth oute eyther in  
their slepe oꝛ waking against their  
wils**

of Children.

Wills hauing no power to reseyne  
it when it cometh, therfore if they  
wil be holpe, first they must auoid  
al fat meats til the vertu retitue  
be restozed again. & to vse this pou  
der in their meats & drinks. Take  
y weland of a cock, & pluck it, thā  
bzen it in pouder, & vse of it twice  
o2 thrise a daye. The stones of an  
hedgehogge poudred is of y same  
vertu Item y clawes of a goate,  
made in pouder dzonken, o2 eatē  
in potage. If the pacient be of age  
it is good to make fyne plates of  
leade withholes in them, and let  
them lye often to the naked back.

Of bruising.

**T**he causes of it in a childe are  
many, so: it maye cōe of very  
light occasiōs, as of great crring.  
e stop.

**The broke**

Stopping the bzeath, bindynge to  
straight o2 by a fall, o2 of to great  
rocking & such like, may cause the  
filme that spzedeth ouer the belly  
to bzeake o2 to flake, & so the guts  
fall dolwne into the codde, whiche  
if it bee not vtterly vncureable,  
may be healed after this sorte.

First lay y patient vpo his backe  
y his head may be lower then his  
heeles, then take & reduce y bow-  
els wyth your hande into the due  
place, afterwarde ye shal make a  
plaister to be laid vpon the cods, &  
bound with a lace round about the  
backe, after this fourme.

Take rosin, frakenfence, mastike  
cummy, limeseede, & anyle seede  
of euery one a lyke, pouder of os-  
mund rootes, that is to say of the  
b2ode

The booke

brode ferne, the fourth part of all  
make a playster wyth sufficiente  
oyle olyue, & fresh swines grece,  
& sprede it on a lether, & let it con-  
tinue (except a great necessity) ii.  
oz. iii. wekes, after y apply an o-  
ther lyke, tyl ye see amendment.

In this case it is verye good to  
make a powder of y heares of an  
hare, & to temper it wyth suger oz  
conseruaroies & geue it to y child  
twise euery daye. If it be about y  
age of seuen yere, ye may make a  
singuler receit in drinke to be ta-  
ken euery day twice, thus.

A drinke for one that is brusten.

Take matfelon, daylies, cōfery, &  
osmunds, of euery one a like, seth  
theim in the water of a smythes  
fozge to the thirde part, in a vessell  
couered

The boke

covered on a soft fier, then straine  
it, and geue to drinke of it a good  
draught at once morning & eve-  
ninge, addynge euermoze in hys  
meates & drynckes, the poudre of  
the beare of an hare being dreyed.

Of falling of the fundameat,

**M**any times it happeneth y<sup>e</sup> the  
gut called of y<sup>e</sup> latins rectū in-  
rectū, falleth out at y<sup>e</sup> foundamēt  
& cannot be gotten in again w<sup>th</sup>  
out peine & labour, which dis ease  
is a cōmon thing in children com-  
ming oftentimes of a sodain cold  
or a long lax, & may wel be cured  
by these subscribed medicynes.

If the gut hath ben lōg out, & be  
so swollen that it cannot be repo-  
sed, or by coldenes of the ayre bee  
congeled, y<sup>e</sup> best counsel is to let y<sup>e</sup>  
chylde



of Children.

child sit on a hote bath, made of y  
decocciō of mallowes, hollyhocke  
linesede, & the rootes of lyllys,  
wheri ye shal bath y fūdamēt w a  
soft clout, or a sponge, & whē the  
place is suppled thrust it in again  
which done then make a pouder  
thus.

A pouder for fallinge of the  
*fundament*

Take y pouder of an harts horn  
brent, y cupps of acornes dried,  
rose leues, gotes clawes bꝛēt, y  
rind of a pomegranat, & of gales  
of enery one a porcion make thē  
in pouder and strow it on the fū-  
dament. It shall bee the better  
yf ye put a litle on the gutte, a-  
fore it be reposed in y place, & af-  
ter it be settled to put more of it  
vpon

of Chyldren.

the blind it w<sup>th</sup> hot linnen clothes, &  
geue the childe quices o<sup>r</sup> a roasted  
wardē to eat with cinamō & suger

A good pouder for the same.

Take galles myzre frankensence  
mastike & aloes, of euery one a lit  
tle, make the in a pouder & strow  
it on the place.

A little tarre with gosse grece, is  
also very good in this case.

An other good remedy.

Take the wolle frō betwene the  
legges o<sup>r</sup> of the necke of a shepe,  
which is ful of sweat & fatty, then  
make a iuyce of vnset lekes, & dip  
the wol in it, & lay it to the place  
as hote as may be suffered, & whē  
it wareth colde remoue it & apply  
an other hote, thys is a very good  
remedy foz falling of the sūdāmet

of Chyldezen.

If y<sup>e</sup> chylde prouoke many tymes  
to seege, & can expel nothing, that  
disease is called of the Grekes te-  
nesmos, for y<sup>e</sup> which it shal be very  
good to applye a plaister made of  
garden cressis & of cumine in lyke  
quātitie, fry the in butter, & lay it  
on y<sup>e</sup> belly as hot as he may suffer  
& it is also cōmended, to fume y<sup>e</sup> ne-  
ther partes w<sup>th</sup> turpentin & pytch,  
& to sit long vpon a bourde of ce-  
der o<sup>r</sup> iuniper, as may be possible.

¶ Chasing of the skinne.

If y<sup>e</sup> flanks, armeholes, & vn-  
der y<sup>e</sup> eares, it chaunceth often-  
times y<sup>e</sup> skine fretteth, eyther  
by the childes owne v<sup>ic</sup>in, o<sup>r</sup> for y<sup>e</sup> de-  
faute of washing o<sup>r</sup> els by w<sup>as</sup>h-  
ping and keping to hote.

Therfore in y<sup>e</sup> beginning, ye shal

¶ Eg. l.

an.

**The booke**

anoint the places w<sup>th</sup> fresh capons  
grese, thē if it wil not heale, make  
an ointmēt, & lay it on y<sup>e</sup> place.

*An ointment for chafyng & galling.*

Take y<sup>e</sup> roots of y<sup>e</sup> floure de luice  
dried, of red roses dried, galingale  
& mastike, of eche a like quātitie,  
beate thē into most subtil pouder:  
thā with oyle of roses, oz of lyne-  
sede, make a soft opntment.

Itē y<sup>e</sup> longes of a weather dried &  
made in very fine pouder, healeth  
al chafings of y<sup>e</sup> skin: & in like ma-  
ner y<sup>e</sup> fragments of shomakers le-  
ther bzent, & caste vpon y<sup>e</sup> place, in  
as fine pouder as is possible, hath  
the same effect, which thing is al-  
so good for the gallig oz chaffing  
of y<sup>e</sup> fete, of whatsoeur cause it cō-  
meth. Item beane floure, barley  
floure,

of Children.

floure, & the floure of fitches ſeþed  
red w a litle oile of roses, maketh  
a ſoueraigne ointment ſoꝝ the ſame  
intent.

If þ chafings be great, it is good  
to make a bathe of holihocke, oil,  
violets, & lineſede, w a litle bran,  
thā to waſh þ ſame places often  
times, & lay vpō þ ſoze, ſome of þ  
ſame things. The decoctiō of plā  
tain, burſa paſtoꝝis, hoꝝſetayle &  
knotgraffe, is exceedingly good to  
heale all chafynges of the ſkin.

¶ Of ſmall pockes & meafels.

**T**his diſeaſe is cōmō & familiar  
called of the grekes by the ge  
nerall name of eranthemata, & of  
Plinie papule & pituite eruptiones, not  
withſtanding the conſent of wꝝi  
ters, hath obtained a diſtinction of

¶ Eg. ii. it is

The booke

it in ti. kindes: y is to say, varioll  
y meassils, & morbill called of vs y  
small pockes. They be both of one  
nature, & procede of one cause, sa  
uing y the meassils are ingendred  
of the inflammation of blood, and  
the small pocks of the inflamaciō  
of blood mingled wpyth choler.

The signes of them both are so  
manifest to sight, y they nede no  
farther declaracion, soz at the first  
some haue an yitch & a fretting of y  
skynne as if it had bene rubbed w  
nettels, payn in the head & in the  
back, the face red in colour & flec  
ked, feare in the slepe, great thirst  
rednes of y eyes, beating in y tē  
ples shotyng & pryckyng throug  
al the body, then anon after whē  
they bzeake out, they be seen of di  
uers

of Childzen.

ners fashions & fourmes, sometimes  
as it were a dyse scabbe or a leproy  
spreding ouer al y members, other  
whiles in pusshes pibles & whailes  
rennyng with much corruption &  
matter, & w great payn of y face &  
throt dzines of y tōg, horcenes of  
voice, & i some quinerig of y heart  
wyth swolwninge. The causes of  
these euill affections, are rehear-  
sed of authoꝝ, to be chiefly foure.  
Firsle of the superfluities whych  
might be corrupt in the wombe of  
the mother, y childe ther being, &  
recepuing the same into y pores,  
the which at that time for debility  
of nature, coulde not be expelled,  
but y childe encreasing afterward  
in strength, be dzine out of y veins  
into the vpper skin, Secondarily

The booke

It may come of a corrupt genera-  
tion, y is to say, whā it was engē-  
dred in an euill season, the mother  
beig sick of her natural infirmity,  
foz such as are begottē y time ve-  
ry seldō escape y disease of leproy.

The third cause may be an euil  
dyete of y nourse, oz of the childe  
it selfe, whā they fede vpon meats  
y encrease rottē humoys, as milk  
& fish both at one meale, lyketwise  
excesse of eating & driniking & surfet  
Fourthly this disease cōmeth by y  
way of cōtagion, whā a sick persō  
infecteth an other, & in y case it hath  
great affinitie with the pestilence.

¶ Remedy.

The best & most sure helpe in this  
case, is not to meble w any kind of  
medicins but to let nature worke  
her operacion, notwithstanding if



of Children.

they be to blow in comming out it  
shalbe good for you to geue the  
child to drink soddē milk & saffrō,  
& so kepe him close, & warm, wher  
by they may the soner issue forth,  
but in no case to adminyster anye  
thyngē y<sup>e</sup> might either represse the  
swelling of y<sup>e</sup> skin or to coole the  
heate that is wythin y<sup>e</sup> members.  
For if this disease which shoulde  
be expelled by a natural acciō of y<sup>e</sup>  
body, to the long health afterward  
of the paciēt, were by force of me-  
dicyne couched in agayne it were  
euen ynough to destroy the child.  
Therefore abide y<sup>e</sup> ful brekig out of  
y<sup>e</sup> said wheales & thē (if they be not  
ripe) ease y<sup>e</sup> childs pain by makig  
a bath of holihoc oil cāmil & senel  
if they be ripe & matter, thē take se,

Ec. iiii. nel, worm

The booke

Wormewood and sage, seeth the in water, to the thyrd part, wherein ye may bath hym with a fine cloth or a sponge. Alwayes pꝛouided y<sup>e</sup> he take no colde during the tyme of hys sicknes. The wine wherein figs haue beene sodde, is singuler good in the same case, & maye bee well bled in all times and causes.

If the wheales be outrageous & greate, wyth much coꝛoſion & be nim some make a decoction of roses & plantayne, in the water of oke, and dissolue in it a lytle english hony & camphoze. The decoction of water betony, is appꝛoued good in y<sup>e</sup> sayd diseases. Likewise y<sup>e</sup> ointment of herbes whercof I made mencion in the cure of scabs, is exceeding hollesome after y<sup>e</sup> soꝛes are

of Children.

arer ype. Moreover it is good to  
droppe in the pacientes eyes, fimo  
o2 sixe times a day a lyttle rose o2  
fenel water, to comfote y<sup>e</sup> syght,  
lest it be hurt by continual rening  
of matter. This water muste bee  
ministrd in the sommer colde and  
in the winter ye ought to apply it  
luke warme.

The same rosewater is also good  
to gargle in his mouth, if y<sup>e</sup> childe  
be then pained in the throte.

And lest the conduites of y<sup>e</sup> nose  
shuld be stopped, it shalbe expedi-  
ent to lette hym smell often to a  
sponge wete in the iuice of sauery  
strōg vineger, & a litle rose water.

To take away the sportes & scarres  
of the small pockes and measils.

The

The booke

*mol.* The bloud of a bull or of an hare  
is much comended of authoꝝ to  
bee anointed hote vpon y scarres,  
& also y licour that yssueth out of  
shupes clawes or goates clawes,  
het in the fire. Item the dꝛippinge  
of a sygnet or swan layd vpon the  
places oftentimes hote.

¶ Feuers.

If the feuer vse to take y child  
with a great shakinge, & after  
ward hote, whether it be cotidian  
or tercian, it shalbe singuler good  
to geue it in dꝛink, the black seeds  
of peony made i fine pouder sear-  
ed & mingled wyth a litle suger.  
Also take plantain, fetherfew, and  
beruein, & bath the child in it once  
or twise a day, bindig to y pulces  
of the hands and fete a plaister of  
the

of Children.

the same herbs staped, & prouoke  
þ child to sweat afoze þ fit cometh.

Some geue counsel in a hot feuer  
to apply a cold plaister to þ breast  
made in this wise Take þ iuice of  
wozmelwood, plantain, mallowes  
& houleke, & tēper in thē as much  
barly flour as shall be sufficiēt, &  
vse it. Or thus & moze better in a  
weake paciēt.

Take dry roses & powder thē, then  
tēper þ powder w þ iuice of endine  
or purcelane, rosewater, & barlye  
flour & make a plaister to þ stomak

Itē an ointmēt for þs temples,  
armes & legges, made of oyle of  
roses, & populeō. of eche like much

*A good medicine for the ague in children.*

Take plantain w þ roote, & wash it  
then seeth it in a faire rūning wa-  
ter to þ thīrd part, wherof ye shal

The booke

geue it a draught (if it bee of age  
to drinke) with sufficient suger, &  
laye the sodden herbes as hote as  
may be suffered, to the pulses of y<sup>e</sup>  
handes & fete. This must be done  
a litle afore the fit, and afterwarde  
cover it with clothes.

The oyle of nettels, whereof y<sup>e</sup>  
spake in the tytle of Rhyfnes of  
limmes, is exceedig good to annoy  
y<sup>e</sup> mēbers in a cold shaking ague.

¶ Of swelling in the coddies.

**T**o remoue y<sup>e</sup> swellinge of the  
coddies proceeding of vñsolite  
oz of any other cause (except busi  
ting) whether it be w<sup>th</sup> inflamacion  
oz without, here shall be reherſed  
many good remedies of which ye  
may vie, according to the qualite  
& quantite of y<sup>e</sup> grief: alway pro  
vided,

of Children.

of age, & in this disease, ye may in  
no case apply any repercussives, &  
is to saye, sette no colde herbes to  
the matter backe, for it wold  
than returne again into the body  
& the congelacion of such a sinowy  
member, wold peraduenture mo-  
tify the hole. And aboue all, ye  
may set no playster to the stones,  
wherū buntlock entreth, for it wold  
deprive the stones ever of their grow-  
ing, & not onely then but the breasts  
of wēches, whā they be anointed  
therewith, by a certaine quality, or  
rather an euil property being in it

A goodly plaister for swelling

of the stones.

Take a quart of good ale wort &  
set it on fire to seeth, w the crūms  
of brolwn bread strōgly leuened, &  
a hang

**The booke**

a hādful of cūmin oꝝ moze in port-  
der make a plaister with all this &  
sufficiēt bean floure, & apply it to  
ȳ grief, as hote as may be suffred.

¶ An other.

Take colwes donge, & seeth it in  
milke thā make a plaister & lay it  
metely hote vpon the swelling.

¶ An other.

Take cūmine, anise, and fenn-  
greke, of eche a lyke porcion, seeth  
thē in ale & stāpe thē, thē tēper thē  
with fresh maye butter, oꝝ a lytle  
oyle olīue, & apply it to the soze.

¶ An other.

Take cāomil, holibock, lūfede &  
fēugreke, seeth thē i water, & grid  
altogether, thē make a plaister w<sup>th</sup>  
a hādful of beane floure, & vse it.

An other in the beginning of the grieve.



of Chylozen.

If there bee much inflamacion of  
beate in the coddies, ye may make  
an ointment of plantaine, the  
white, & yolke of an egge, & a por-  
cion of oyle of roses, stirre them  
well about, & apply it to the grief  
twise or thise a day. whē y<sup>e</sup> paine  
is intollerable, and the childe of  
age, or of strong complexiō, if the  
premisses will not helpe, ye shall  
make a plaister after this soyte.

Take henbane leaues, an hādful  
& an half, mallow leaues, an hād-  
ful, seeth thē wel in cleare water,  
then stampe them & stirre them, &  
w<sup>th</sup> a litle of the broth, beane floure  
barly floure, oyle of roses & camo-  
mil sufficient, make it vp & set on  
the swellinge luke warme. Hen-  
bane

The booke

bane Auicenne saith, is exceeding good to resolue the hardnes of the stones by a secrete qualite. Notwithstanding, if it come of wind, it shall be better to vse þe sayd plasters þe are made w<sup>th</sup> cūmine, for þe is of a singuler operaciō in dissoluing wind, as affirmeth Dioscorides w<sup>riting</sup> of þe qualities of cūmine.

¶ Of sacer ignes or chingles.

**I**n Greke herisypelas, & of þe latines Sacer ignis, our english womē cal it þe fier of saint Anthony, or chingles, it is an inflamaciō of mēbers w<sup>th</sup> exceeding burning & rednes, hard in þe felyng & for the most part crepeth about þe skynne or but a little depe within þe flesh. It is a greuous pain, & may bee lik

of Chyliden.

likened to the fyer in consuming,  
wherfoze the remedies y<sup>e</sup> are good  
foz burning, are also very holson  
herin this case. And first the grene  
oyntment of herbes described in y<sup>e</sup>  
chapter of itch, is of good effect al  
so in this cure, mozeouer y<sup>e</sup> medt-  
rines y<sup>e</sup> are here dyscribed. Take  
at thapoticaries vnguētū Galeni  
an ounce & an half, oyle of roses. ii.  
ounces, vnguētū populeū. i. ounce,  
the iuice of plantain & nightshade  
one ounce oꝝ moze, the whits of. iiii.  
egges, heat them altogether, & y<sup>e</sup>  
shal haue a good oyntmēt foꝝ the  
same purpose.

An other.

Take earth worms & stāp them  
in vineger, then anoint the griefs  
euery ii. houres. Itē the dung of a  
Wh. i. Swan,

The booke

aswan, or in sake of it, the donge  
of a gosse stamped with the whet &  
yolk of an egge is good. Itē doues  
donge stamped in salt oile or other  
is a singuler remedie for the same  
purpose.

Of burning and scalding

For burning & scalding whether  
it be w<sup>th</sup> fier, water, oile, leade,  
pitche, lime, or any such infortune  
ye must beware ye set no repercus  
sive at y<sup>e</sup> first, y<sup>e</sup> is to say no mede  
cine of extreme colde, for y<sup>e</sup> might  
chaunce to d<sup>y</sup>ie the fervent heate  
into the sinowes, & so stop y<sup>e</sup> pores  
y<sup>e</sup> it could not issue, wherof should  
happen muche inconvenience in a  
great burn<sup>ing</sup> (but in smal it could  
not be so dangerous:) wherfore y<sup>e</sup>  
best is whē ye se a member eyther  
burnt

of Chldren.

brunt or scalded, as is sayd afore.

Take a good quantitie of brine which is made of water & salt, not to exceding eyger or strōg, but of a mean sharpnes & wpth a cloute or a sponge bath the member in it colde, or at the least bloud warme iii. or.iiii. houres together, the lōger the better, for it shal asswage much of the pain, open the pores. cause also the fier to vapour, and geue a great comfort to y<sup>e</sup> weake member. The anoint the place w<sup>th</sup> one of these medicines. Take oile of roses one part, swet creme two partes, hony half a part, make an ointment & vse it. Item al the medicins in y<sup>e</sup> last chapter, are of great effect in this case. likewise y<sup>e</sup> grene ointmet made of water betony.

¶ h. ii.

Item

The booke

Itē a souerain medicine for burning & scalding, & all vnkid heats is thus made. Take a dosen of hard roasted egges, & put the yolkes in a pot on y<sup>e</sup> fier by thē self, without lycour styre them and bzaie them with a strong hand, till ther arise as it wer a froth or a scum of oyle to y<sup>e</sup> mouth of the vessel, thē presse the yolkes and reserue the licour, this is caled oyle of egges: a very precious thing in the foresaid cure.

Whereouer ther is an oyntment made of sheps dong fried in oyle or in swines greace, then put to it a litle ware, & vse it. Also take quick lyme & washe it in veriuice .iij. or .v. times, then mingle it w<sup>th</sup> oyle, and kepe it for the same entent. Ateint the iuyce of the leaues of

of Chibzen.

lilies. v. parts, & vineger one part  
hony a litle, maketh an excellent  
medicine, not only so; this entent  
but so; all other kind of hote and  
runnig blcers Note y whatsoeuer  
ye vse in this case, it must be laied  
vnto bloud warme, also so; auoy-  
dig of a scar kepe the soze alwaye  
moyste with medycyne.

¶ Of kybes.

**T**he kibes of y heeles are called  
in latin perniones, they pro-  
cede of cold, & ar healed w the sub-  
scribed remedies. A rape rote ro-  
sted with a litle freshe butter, is  
good so; the same grieve.

Item a dosen figges, sodden &  
stamped with a litle gosegrese, is  
good. Carthe wormes sodden in  
oyle, hath the same effect.

¶ Ph. iii.

Item

**The booke**

Item the skin of a mouse clapped  
all bote vppon the kybe wyth the  
heare outward, & it should not bee  
remoued durynge thre dapes.

A plaister for a kibed heele.

Take new butter, oile of roses,  
bens grese, of each an ounce, put y  
butter & y greace in a bigge rape  
rote, or in lack of it in a great ap-  
ple or onio, & whē it is roasted soft  
bray it w<sup>th</sup> the oile, & lay it plaister  
wise vpon y kybe.

An other.

Take the meat of aples & rapes  
rosted on the coles, of ech iii. ounce,  
res freshe butter ii. ounces, duckes  
greace or swans greace, an ounce,  
stanipe the all in a morter of lead  
if it may be had, or els grinde the  
on a faire marble and vse it.

¶ Of consumption or leanness.

W<sup>th</sup> here



of Chylde

**W**hen a child consumeth or was  
eth leane withoute any cause  
apparaunt, ther is a bath comen-  
ded of authoꝝ to wash the chylde  
many times. & is made thus.

Take y head & seete of a wether,  
seeth thē til y bones fal a sunder  
vse to bath y child in this licour &  
after annoint him w this ointmēt  
folowing. Take butter wout salt  
oile of roses & of violets, of ech an  
oūce, y fat of raw poke, halfe an  
oūce, war a quartern of an oūce,  
make an ointment wherw y child  
must be rubbed every day twyse,  
this w good feeding shal encrease  
his strengtb by y grace of God.

¶ Of gogle eyes.

This impediment is neuer healed  
but in a very yong child, euē at y

Ph. iiii.

begin.

The booke

ginning wherunto ther is appointed no maner kinde of medicine, but only an order of keeping, y is to saye, to lay the childe so in hys cradel that he may behold directe against y light, & not to turne his eyes on ether of both sides. If yet he begin to gogle, then set the cradel after such a forme y the lyght may be on y contrary side. y is, on y same side frō whence he turneth his eyes, so y for desire of light he may direct thē to the same part, & so by custom bring them to y due fashion, & in the nyght ther ought to be a candell set in lykewyse to cause him to behold vpon it, & remoue his eies frō the euil custome. Also grene clothes, yelow, oz purple, are verge good in this case to

be

of Chelbyen.

he set, as is saied also. Further,  
more a coise or a biggen standing  
out besides his eyes, to constrain  
y<sup>e</sup> sight to beholde direct forward.

Of lye

**S**ometime not only childre but  
also other ages are annoyed w<sup>th</sup>  
lice they procede of a corrupt hu-  
mour & are engendred within the  
skin, crepinge out a liue through  
the pores, which if they begyn to  
swarme in exceeding nūber, y<sup>e</sup> dys-  
ease is called of the grekes p<sup>h</sup>thi-  
riasis wherof Herode died, as it is  
w<sup>ri</sup>tten in the actes of apostles: &  
among y<sup>e</sup> Romans Drilla, which  
was a great tirant, & many other  
haue been eaten of lyes to deathe,  
which thinge whē it hapneth of y<sup>e</sup>  
plage of God, it is paste remedy,  
but if

but if it pꝛocede of a natural cause,  
ye may wel cure it by þ̄ meanes  
folowig. First let þ̄ paciēt abstain  
from al kind of corrupte meates,  
oz þ̄ bꝛede fleume, & among other,  
figges & dates, must in this case  
be vtterly abhorred. Thā make a  
lauatoꝝ to wash and scoure the  
body twise a daye thus.

Take water of þ̄ sea, oz els bꝛine  
& strong lye of ashes, of ech a lyke  
poꝛcion, woꝝmwood a handfull,  
seth them a while, and after wash  
the body with the same lycour.

goodly medicine for to kill lyce.

Take the groundes oz dꝛegges  
of oile, aloes, woꝝmwood, and the  
gal of a bul, oz of an ore, make  
an ointmēt which is singuler good  
foꝝ the same purpose.

of Chaudren

¶ An other.

Take mustarde, & dissolue it in  
vineger, wyth a litle salt peter, &  
annoynt the places, where as the  
lyce are wont to brede.

Itē an herbe at the apotecaries  
called, stauesacre, bismston, & vin  
eger is exceeding good.

It is good to geue y<sup>e</sup> paciēt oftē in  
his drink, ponder of an harts horn  
bret. Stauesacre w<sup>th</sup> oyle is a mar  
uelous holisom thing in this case.

¶ An experie medicine to

dryue away lyce.

Take the groundes o<sup>r</sup> dregges of  
oyle, o<sup>r</sup> in lack of it, fresh swines  
grease, a sufficient quatity, wher  
in ye shal chase an ounce of quick  
silver till it be all sonken into the  
greace, thē take powder of staues  
acre ser

### The booke

serced, & mingle altogether make  
a girdle of a wollen list meete fo;  
the middle o: the paciente, & all to  
annoynt it ouer with the said me-  
dicine, then let him weare it conti-  
nually next his skinne, fo; it is a  
singuler remedye to chafe awaie  
the vermin. The onely odour of  
quicksiluer kylleth lycr.

These shalbe sufficient to declare  
at this time in this lytle treatyse  
of the cure of chyl dren, which if I  
may know to be thankfully recei-  
ued, I will by gods grace supply  
more hereafter: neyther desyre I  
anve longer to lyue, then I wyl  
employ my studies to the ho-  
nour of GOD, and pro-  
fite of the weale  
publike.  
Finis.

# The contentes of the Regiment of Life.

**O**f dyscales & re ben the sight.  
Medies of y hed for payne in y eyes.  
Wayne coming for blondshottē eyes  
of choker. for swellig of y eyes  
Pain caused of steam for soze eyes.  
Wayne caused of me for great payne in  
lancholy. the eyes.  
Regiment for al head for rednes in y eyes.  
ache. for hardnes in y eyes  
Remedy for headache for al rednes of eyes  
of all causes. To dry the eyes.  
Of dyscales in y face. for webs in y eyes.  
To pallify a face vn- Regiment for disea-  
curable. ses in the eyes.  
For rednes of y face. for infirmities in y  
For cākers, vicers & cares.  
noli me tangere. for stinkig of y nose  
For worms in y face for nose bleding.  
A purgaciō for y lāc. Remedy for toothach  
Dyēt for the same To make teeth whit  
sickness. Remedies for dysca-  
For y eyes, & to quic- ses in the byest.

# The Table.

Foz a hoarse voyce.	Other medi. laxative
Foz the cough.	Foz heat in the liuer.
Foz shortnes of wind	Foz stoppig of y <sup>e</sup> liuer
Foz asthma.	(bzech R. foz diseases of y <sup>e</sup> gal
An ointmēt foz the	Foz Jaundis.
Regiment foz y <sup>e</sup> same	Foz diseases in y <sup>e</sup> spleen
Remedies foz pthilic	A goodly purg. foz
Foz the pluresy.	Melancholy.
Foz diseases in y <sup>e</sup> ribs	Foz y <sup>e</sup> black taudies.
Weakenes of the hart	Foz all oppilacions.
and the cure.	Diseases of y <sup>e</sup> bowels
Swouning.	Foz colyke & yliaca
Foz diseases of the	passio.
stomake.	Foz the windy colike
Foz weaknes therof	A Suppositoꝝ.
Foz abhorrig of meat	A purga. foz colyke
Foz belching.	of fleume.
Foz windines therof	A glister foz al colike
Foz the hicket	Wayne of the raynes
Regimēt foz y <sup>e</sup> hicket	and remedy.
Foz vomiting.	Diete foz colike and
To cōfort y <sup>e</sup> stomake	payne of the raynes.
Wayne in the stomake	Flores of the belly.
Rem. foz y <sup>e</sup> liuer.	R. foz y <sup>e</sup> flux lienteris
A singular purg. foz	Foz the flux diarrhes
cholcr,	& other

Letz



### The Table.

Lecturarie for y flux for pain of y mother  
for flux of all causes Of y stone in y raines  
Diseases of y matrice & bladder, wpth the  
To staunche y flux of perfect cure and dyet  
women. for the same.

For strangling of the Of the goute with y  
matryce. causes & remedies.

Finis.

### The contents of the treatise of the Pestilence.

In the first part

A Preface of y au. Of medycines preser.  
what is signified A dypnke for y pesti.  
by this word pesti. A good preseruatyue  
The. i. roote or cause for y comon people.  
superiour of the pesti. A powder for y same.  
The. ii. roote superioz. An other singular re=  
The iii. roote inferioz. medy for rich men.  
The. 4. roote inferioz. An other souerayne  
Of election of y ayze. goodly receit both pze  
Of eating & drinking seruatiue & curatiue.  
Of sleeping & waking Of swete waters.  
Of exercise. Perfums agais y  
Of emptines & fulnes Do manders for y  
Of acci ptes of y mid.

In the second parte.

How to know a per- son infected.	Of application of out- ward medicines.
Of the cure of pestil. by the way of dyete.	A platker to ripe a botch coming of the pestilence.
Of the cure of pestil. by the way of medicine.	An other for the same.
A receipt against the pestil.	The vse of salterp- re for he that hath no botch
Paracelsus medicine A lectuary of great vertu.	Of the cure of carbun- cles & anthrax.
An other medicine liquide.	A good defensine.
Of letting blood, ven toles and purga.	A declaration of the tality of veners con- monly to be let blood in the body of man.

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the 19. day of March

Anno Domini.

1567.

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